

## COVID-19 – resources and services

Below is a list of links to resources and updates to services provided by some HSPG members during this difficult and challenging times. Information is current as of 02.4.2020. Please contact me with any further information, updates or corrections – [natasha.mazzoni@mih.org.uk](mailto:natasha.mazzoni@mih.org.uk)

### Carers

<https://www.carersfirst.org.uk/carers-first-response-to-coronavirus>

**Guidance for carers** - <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

### Coping strategies

**Action for happiness** – Coping Calendar <https://www.actionforhappiness.org/coping-calendar>

**Facebook support groups:** [list of local Coronavirus 19 \(COVID 19\) Facebook support groups](https://www.facebook.com/groups/1451634215)  
[https://docs.google.com/spreadsheets/d/18P898HWbdR5ouW61sAxW\\_iBl3yiZlgJuOnSmepn6NwM/edit#gid=1451634215](https://docs.google.com/spreadsheets/d/18P898HWbdR5ouW61sAxW_iBl3yiZlgJuOnSmepn6NwM/edit#gid=1451634215)

### Children & Young People

**A Kid's guide to understanding and handling change** - <file:///C:/Users/user/AppData/Local/Temp/a-kids-guide-for-accepting-change.pdf>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

[file:///C:/Users/user/AppData/Local/Temp/Child\\_Friendly\\_Explanation\\_of\\_Coronavirus.pdf](file:///C:/Users/user/AppData/Local/Temp/Child_Friendly_Explanation_of_Coronavirus.pdf)

**KOOTH:** <https://www.kooth.com/>

**Grief Encounter** – for children and young people – no face to face service. Helpline remains active offering webchats and e-counselling - <https://www.griefencounter.org.uk/>

**Open Door** – counselling service for young people – the centre is now closed, however the service is being delivered remotely - <https://opendooronline.org/>

### Counselling & support services

**CCIWBS** – Bereavement service – Offering a full service through telephone assessment and counselling - <https://www.bereavement-counselling.org/>

### Haringey Wellbeing Network (HWN)

[file:///C:/Users/user/AppData/Local/Temp/Covid%20N19%20HWN%20leaflet%202019%20\(1\).pdf](file:///C:/Users/user/AppData/Local/Temp/Covid%20N19%20HWN%20leaflet%202019%20(1).pdf)

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Information for HWN service users, includes useful links to a variety of services offering support  
<file:///C:/Users/user/AppData/Local/Temp/HWN%20Service%20members%20information%20March%202020.pdf>

**Highgate Counselling Centre** (HCC) - service is now being delivered remotely and they continue to accept new referrals - <http://highgatecounselling.org.uk/>

**Maytree** – House is closed for now, however, Maytree continues to offer a telephone and email service - <https://www.maytree.org.uk/>

**Mind in Haringey** – Building is closed, services are running remotely and all counselling sessions have moved to online or telephone sessions - <http://www.mindharingey.org.uk/index.asp>

**North London Samaritans** – for the time being no longer offering face to face support, however, still available via email and through the national helpline - <https://www.samaritans.org/branches/north-london/>

**SOBS – Survivors of bereavement by suicide** – support groups have been suspended, however, support is available via email or through the national helpline - <https://uksobs.org/>

**Solace Women's Aid** – continues to offer services to women experiencing violence and abuse  
<https://www.solacewomensaid.org/>

**The Listening Place** – where face to face is no longer possible a phone call is offered -  
<https://listeningplace.org.uk/>

### Education

<https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision>

### Employment and benefits

- If you need a note for your employer:

<https://111.nhs.uk/isolationnote?fbclid=IwAR26zhF4rxcXhlcEZI5DbZslhaSxnecfm3gGjXFlsa0sv9MWrlGlg-loz50>

- Suspension of assessments and reviews  
<https://www.gov.uk/government/news/coronavirus-update-benefit-reviews-and-reassessments-suspended>

**Fuel Voucher:** To help with current HARDSHIP anyone who has PRE-PAYMENT METER and has less than £4 but more than a £1 on their meter and not expecting to be paid in several days can PHONE and ask for “FUEL VOUCHER” of £49.00 from their supplier!

- ❖ It is £49.00 that can be applied for twice a year and you DO NOT have to repay.
- ❖ A PIN number will be texted to your mobile phone. Show it to your TOP UP SHOP along with their GAS CARD or ELECTRIC KEY

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The fuel companies do not advertise this scheme and there is no shame in anyone saying they need help under these challenging times.

This scheme is for low income families and people experiencing hardship

### Government information for the extremely vulnerable

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

### Learning Disability Resources

#### Easy to read information

<https://www.learningdisabilityengland.org.uk/news/information-on-the-coronavirus/>

#### Tips and ideas on how to keep in touch –

<https://www.learningdisabilityengland.org.uk/news/what-are-you-doing-to-keep-in-touch/>

#### National Autistic Society - [guidance and helpline for parents', young people and staff](#)

<file:///C:/Users/user/AppData/Local/Temp/NHS%20England%20and%20NHS%20Improvement%20Learning%20Disability%20and%20Autism%20Resource%20for%20Covid19%2019th%20March%202020.pdf>

#### Covid-19 and Autism top tips

<file:///C:/Users/user/AppData/Local/Temp/COVID19%20and%20Autism%20Top%20Tips.pdf>

### Local Authority information:

## COVID-19

If you are worried about the impact of coronavirus on your money, accessing essential items or accessing the support you need, please call our Connected Communities line - tel: **020 8489 4431**.

This line is open Monday to Friday 9.30am to 4.30pm.

Please also see our Connected Communities web page -

<https://www.haringey.gov.uk/community/connected-communities>