

Help and support during the Covid-19 outbreak

The current restrictions on our day to day living due to Covid-19 will put pressure on many individuals, relationships, and families. **It's natural that we might find this time especially tricky but there's still lots of help and support available.** The [Live Well Oxfordshire](#) website has information about lots of different services available across Oxfordshire, and there are some key areas for support below.

Health concerns and current restrictions on our movement might bring on new challenges with our **mental health** or make existing challenges harder.

- The Samaritans have recognised the impact Coronavirus is having on mental health and have a [dedicated page](#) providing advice. You can also call their free phone number for emotional support on 116 123. They're available 24 hours a day, 365 days a year.
- [Oxfordshire Mind's](#) website offers help and information around local mental health services. [Mind UK](#) also share lots of information & advice around mental health.

If you're worried about your use of **drugs or alcohol** you can reach out to Oxfordshire [Turning Point](#). You can access a variety of support options by contacting them online, via phone 0300 0134 776 or email at oxfordshire@turning-point.co.uk.

Job losses and **financial pressures** can bring their own stresses and many people are worried about their finances right now. The National Debtline has a [fact sheet](#) for anybody worried about the impact of Coronavirus on their finances, and can provide free advice and support via webchat or phone on 0808 808 400 (9am - 8pm Monday to Friday).

Parenting might also be more challenging than usual.

- [The Incredible Years](#) have shared some great resources, including advice on 'Keeping Calm and Providing Supportive Parenting During the Coronavirus' and 'Tips For Grandparents Reaching Out To Children Remotely'.
- Action for Children offer [Space for Us Too](#), a free text message-based service for parents providing space to breathe and advice on how to navigate how parenthood affects your relationship with your partner.
- Young Minds have produced some advice on [how to support your children's mental health during the pandemic](#).

Relationships might be under extra pressure due to all the changes in our everyday life at this time. Our relationships can be a great source of strength, but they may also be a source of stress.

- Relate have shared [Covid-19 advice and tips for healthy relationships](#). They also offer a live chat service, and telephone and webcam based counselling options.

We know from reports in other countries that domestic abuse is likely to get worse during this time, and this unique set of circumstances may also mean that some people experience or use domestic abuse for the first time. If you in immediate danger please call 999. **Please do look out for your neighbours too. They might need help but aren't able to reach it themselves.**

- Our [Oxfordshire Domestic Abuse Helpline](#) is still open and available. For help and support you can call **0800 731 0055** (Mon-Fri 10am-7pm) or email das@a2dominion.co.uk. Alternatively, you can call the 24-hour National Domestic Abuse Helpline **0808 2000 247**. The [Reducing the Risk website](#) has information about what abuse might look like, how to stay safe, and what to do if you're worried about somebody.
- Anybody worried about harming the ones they love while staying at home can access support and help to manage their behaviours through the [Respect Phoneline](#) on 0808 8024040.

The **LGBT+** [Switchboard](#) offers support via phone, on 0300 330 0630 (10am-10pm), email and webchat. They've also developed an [Emotional Wellbeing Support Pack](#).