

**This leaflet contains useful online links for advice, information and support. It also has phone numbers you can use in a crisis (please only call if you really need to).**

It is natural to feel worried during these difficult times. For some people, especially those who were already dealing with anxiety, depression or other mental health challenges, these times can be particularly hard. Try and keep in contact with people by phone, messages or online.

**Together we will beat this.**

For the latest **trusted information** on the Corona Virus try: **[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)** or the **[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)**

If you're **feeling anxious** try:  
**[www.nhs.uk/oneyou/every-mind-matters/anxiety](http://www.nhs.uk/oneyou/every-mind-matters/anxiety)**

Need to **talk to a therapist?** (either online or via the phone) search for:  
**Lambeth talking therapies**  
fill in the online form and someone will call you in a day or two

If you are in **crisis** (for example feeling you are likely to harm yourself or others) then you can contact any of the following 24 hours a day:

Call: South London and Maudsley NHS Crisis Line: **0800 731 2864**

Call: Solidarity in a Crisis (peer support service): **0300 123 1922**

Text: 0788 9756 087 or 0788 9756 083

Email: **[outofhours-solidarity@certitude.org.uk](mailto:outofhours-solidarity@certitude.org.uk)**

Contact the Samaritans Call for free: **116 123**

**email: [jo@samaritans.org](mailto:jo@samaritans.org)**

**Stay  
Home**

**Protect  
The NHS**

**Save  
Lives**