



# Coronavirus Support

## *If you need current advice on the coronavirus...*

You can receive a range of current government advice for the Birmingham area on the following website:  
[www.birminghamandsolihullccg.nhs.uk/your-health/coronavirus](http://www.birminghamandsolihullccg.nhs.uk/your-health/coronavirus).



Rules surrounding the virus are constantly changing so continue to follow the latest news and advice as things continue to develop.

## *If you're looking for general support...*

The Active Wellbeing Society



The AWS are working with a number of charitable organisations across the city. If they are unable to help you directly, there is a good chance they can put you in touch with someone who can.

You can contact them on **0121 728 7030** or at [www.theaws.co.uk](http://www.theaws.co.uk)

## *If you are vulnerable and want to register for a food parcel...*

You can register for a food parcel online via the following link: [gov.uk/coronavirus-extremely-vulnerable](http://gov.uk/coronavirus-extremely-vulnerable)



## *If you are elderly and need support...*

Age UK



Age UK are offering a range of support for elderly such as 'befriending phone calls' and 'food shopping services' in order to ensure your mental and physical wellbeing during self-isolation.

You can contact Siobhan from the local Edgbaston team on **07426 719 118**.

Age UK are offering coronavirus advice and information on a range of services on their website  
[www.ageuk.org.uk](http://www.ageuk.org.uk)

## *If you need advice and support about mental health...*

Self-isolation can affect your mental health in a variety of ways. The following charities offer a range of advice and support on how to stay mentally healthy during this challenging time.



Mind – [www.mind.org.uk](http://www.mind.org.uk)

Mental Health Foundation – [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Samaritans – [www.samaritans.org](http://www.samaritans.org) / confidential support number: **116 123**

## *If you need help and support with children...*

The following charities offer advice and support for children.



Child Mind Institute – [www.childmind.org](http://www.childmind.org)

The Children's Society - <https://www.childrensociety.org.uk> / **0300 303 7000**