



Additional COVID-19 Information and Support Resources

Version 1.0

Updated 17/4/2020

We welcome your comments on this leaflet and the services we provide. You'll find comment boxes at reception, on the wards, in the Iona Café and in Day Therapies.

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Information and helplines for adults.

All services have specific COVID-19 information and resources.

Anxiety UK	A confidential advice and support service for those with anxiety, stress and anxiety-based depression
Opening Hours	10 am to 8 pm
Phone	03444 775 774
Text phone	07537 416 905
Email	support@anxietyuk.org.uk
Website	www.anxietyuk.org.uk/coronanxiety-support-resources
At A Loss	The UK's signposting website for the bereaved
Website	www.ataloss.org
Webchat	Grief Chat – Access from website
Breathing Space	Free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.
Opening Hours	Monday-Thursday 6pm to 2am /6 pm Friday to 6 am Monday
Phone	0800 83 85 87
Webchat	Pilot Project – Access from website
Website	www.breathingspace.scot
Cruse Bereavement Care	Support, advice and information for children, young people and adults when someone dies
Opening Hours	The helpline is open Monday-Friday 9.30–5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 8pm.
Phone	0808 808 1677
Email	helpline@cruse.org.uk
Website	www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief

Cruse Bereavement Care Scotland	Bereavement services in Scotland with local community-based teams.
Opening Hours	Monday to Thursday 10 am to 8 pm/Friday 10 am to 4 pm
Phone	0845 600 2227 (5 p a minute and your network's connection charge)
Website	www.crusescotland.org.uk (email link from website)
Good Death, Good Life, Good Grief	Information and resources on death, dying and bereavement in Scotland
Opening Hours	Website information – always available
Website	www.goodlifedeathgrief.org.uk
Parentline Scotland	Help for families from moments of crisis to everyday challenges.
Opening Hours	Monday to Friday 9 am to 9 pm/Saturday and Sunday 9 am to 12 noon
Phone	08000 28 22 33
Email	parentlinescotland@children1st.org.uk
Webchat	Access from Website
Website	www.children1st.org.uk/help-for-families/parent-line-scotland
Samaritans	A safe place for you to talk any time you like, in your own way – about whatever's getting to you.
Opening Hours	24 hours a day, 365 days a year
Phone	116 123
Email	jo@samaritans.org
Website	www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak
The National Association of Funeral Directors	Advice and guidance about funerals for anyone who loses a loved one during the COVID-19 pandemic outbreak.
Phone	0121 711 1343
Email	info@nafed.org.uk
Website	www.nafd.org.uk

Information and helplines for children and young people. All services have specific COVID-19 information and resources.

Childline	A free, private and confidential service where anyone under 19 can talk about anything
Opening Hours	Everyday 9 am to midnight
Phone	0800 1111
Webchat	1 2 1 Counsellor Chat – Access from Website
Website	www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus
Hope Support	A youth led team supporting young people when a close family member is diagnosed with a life-threatening illness, such as cancer.
Phone	01989 566 317
Email	onlinesupport@hopesupport.org.uk
Website	www.hopesupport.org.uk
Mindheart	A short book created to support and reassure our children, under the age of 7, regarding the COVID-19.
Website	www.mindheart.co/descargables
Nelson's Journey	Nelson's Journey has put together some information to help parents and others provide information and support to children around funerals during Coronavirus restrictions
Website	www.nelsonsjourney.org.uk/covid-19-funeralguidance
Nosy Crow Books	Nosy Crow has published a book for children explaining Coronavirus, illustrated by Alex Scheffler
Website	https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler

If you would like further information or support for yourself or your family, contact the Access Team on **0131 551 7751** or by email on access@stcolumbashospice.org.uk and they will direct you to the most appropriate services for your needs.