**Help Agencies Directory During Corona Virus Outbreak**

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| **General Advice** |  |
| UK Government | Website: <https://www.gov.uk/coronavirus> |
| NHS | Website: <https://www.nhs.uk/conditions/coronavirus-covid-19/> |
| **Support and Information for Over 70’s** |  |
| Age Uk: Advice and support for people during the corona virus outbreak – from financial information to wellbeing support. | Website: <https://ageuk.org.uk>  Telephone: 0800 678 1602 |
| **Support and Information for Pregnancies and New Mums** |  |
| **Tommys**: Pregnancy and coronavirus: Information for pregnant women and new mums. | Website: <https://tommys.org> |
| **ICON**: Babies cry: You can cope. | Website: <http://iconcope.org/> |
| **Carers Support** |  |
| **Carers Resource**: Advice and support for carers with specific information for carers during the corona virus outbreak. | Website: <https://www.carersresource.org>  Telephone: 01274 449660 |
| **Mental Health Support** |  |
| **MIND**: Mental Health Support with specific advice on ‘Coronavirus and your wellbeing’. | Website: [www.mind.org.uk](http://www.mind.org.uk)  Telephone: 0208 215 2243 |
| **Young Minds**: Supporting children and young people and their parents/carers with their mental health and wellbeing. Specific advice on managing self-isolation and anxiety about coronavirus. | Website: <https://youngminds.org.uk>  Parental Concerns Telephone: 0808 802 5544  Young Person Help and Support Text: YM to 85258 |
| **Drug and Alcohol Support** |  |
| **Drinkline** : If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. | Website: <https://drinkaware.co.uk>  Telephone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm). |
| **New Directions**: New Directions is a free and confidential drug and alcohol recovery service for adults 18 years and over (including offenders), families and concerned others in Bradford. | Website: [www.changegrowlive.org/content/new-directions-bradford](http://www.changegrowlive.org/content/new-directions-bradford)  Telephone: 01274 296023 |
| **Talk to Frank:** Frank is a website and telephone helpline offering advice, information and support to anyone concerned about drugs and solvent /volatile substance misuse, including drug misusers, their families, friends  and carers. | Website: [www.talktofrank.com](http://www.talktofrank.com)  Telephone: 0300 123 6600 |
| **Safeguarding Adults and Children Information** |  |
| **National Domestic Violence Helpline** | Website: <https://www.nationaldahelpline.org.uk/>  Telephone: 0808 2000 247 |
| **Safe Lives**: Specific resources for domestic abuse and COVID | Website: [http://safelives.org.uk/news-views/domesticabuse- and-covid-19](http://safelives.org.uk/news-views/domesticabuse-%20and-covid-19)  Telephone: |
| **NSPCC helpline**: If you're worried about a child, even if you're unsure, contact NSPCC professional counsellors for help, advice and support. | Telephone: 0808 800 5000 |
| **Childline**: Offers free, confidential advice and support for any child 18 years or under, whatever the worry. | Telephone: 0800 1111 |
| **IRISi interventions:** Provider of healthcare response to gender-based violence. | Website:https:// irisi.org.uk |