

# USEFUL CONTACTS FOR YOU AND YOUR FAMILY

## Advice and Support on dealing with Coronavirus

### Government Guidelines on how to stay safe and healthy:

<https://www.gov.uk/coronavirus>

### How to access financial support during the Coronavirus outbreak:

These websites give you information on how to access financial support during the Coronavirus outbreak for individuals and businesses.

<https://www.equity.org.uk/about/coronavirus-advice/financial-support/>

<https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19>

### General Support from Citizens Advice:

This website gives you general advice on what coronavirus means for you and your family and support and advice around working, paying your bills, taking your children to school and travelling abroad.

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

### Foodbanks:

These websites give you information on how to access foodbanks in the local area

<http://www.bradfordfoodbank.com/>

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

## Advice and support during Pregnancy

### General Advice from the Royal College of Obstetricians and Gynaecologists

This website gives you the latest advice for pregnant women during Coronavirus:

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

### Bradford Maternity Assessment Centre:

Bradford Royal Infirmary's Maternity Assessment Centre (MAC), which provides emergency and follow-up care for women who are more than 16 weeks pregnant

Call them on 01274 364531 or 364532

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## **Your midwife**

They will be able to provide help and advice during your pregnancy.

## **Advice and Support for after you have had your baby**

### **The National Childbirth Trust**

This website gives you information on pregnancy, labour and birth and life as a parent

<https://www.nct.org.uk/>

### **Better Start Bradford**

This website provides information on a range of free projects for pregnant women and families with babies and children aged under four

<https://www.betterstartbradford.org.uk/>

### **Support for Mothers and Babies**

This website gives you links to lots of different organisations that can support you during your pregnancy and after your baby is born:

<https://www.bradford.gov.uk/your-community/welcome-to-bradford/mothers-and-babies/>

### **Your Health Visitor**

They will be able to provide help and advice after you have had your baby

### **Perinatal Mental Health Service**

This website gives advice on where to get support for women who are currently experiencing severe mental health problems or have experienced these in the past

<https://www.bdct.nhs.uk/services/specialist-mother-baby-mental-health-service/>

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## Mental Health Support

### Mental Health and Coronavirus

Specific advice on how to look after your mental health during the coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

### First Response 01274 221181

First Response is a service that supports people experiencing a mental health crisis in Bradford, Airedale and Wharfedale. You can contact them direct 24 hours a day, 7 days a week. You don't need an appointment and you don't need a referral. You do not have to have used any mental health services before

### Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

### Mental Health in Bradford: Wellbeing Guide

The website helps you find out more about mental health, different problems that people experience and where to access help and support. The service directory lists over two hundred services, mostly within the Bradford and Airedale district, which may be able to help.

[www.mentalhealthinbradford.nhs.uk](http://www.mentalhealthinbradford.nhs.uk)

### The Samaritans

The Samaritans provide a confidential service for people in despair and who feel suicidal. Call free on 116 123

[www.samaritans.org.uk](http://www.samaritans.org.uk)

### Mind

Mental health charity providing information, support, local groups and an online chatroom. 0300 123 3393

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

## Domestic Abuse Support

### National Domestic Violence Helpline

Provides an information service and access to 24-hour emergency refuge accommodation.

0808 2000 247

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## Domestic abuse support

Provides information on local and national support services for those experiencing domestic abuse

<https://www.bradford.gov.uk/your-community/domestic-abuse/help-and-support/>

## General Health Advice

### Bradford and Airedale GPs

Information on how to access GPs

<https://www.nhs.uk/service-search/find-a-gp>

## Emergency Health Advice

NHS 111 - if you have an urgent health need that cannot wait until your GP practice opens, call 111. NHS 111 makes it easier for you to access local health services and is a free of charge number which is available 24 hours a day, 7 days a week. When you call 111, you will be assessed by a trained nurse or professional advisor. They will be able to give advice and information and will direct you to the local service that can help you best. For more information about NHS 111:

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

If you think someone is seriously ill or injured and you believe that their life is at risk, call 999 or visit your local accident and emergency (A&E) department. If the situation is not life threatening but you need help fast, please call NHS 111.

## Support for Children's Learning

Resources and advice and support for children's learning from Primary School to Post 16+

<https://www.bbc.co.uk/bitesize>

Creative and entertaining activities and resources for children

<https://www.visitbradford.com/daysin.aspx>

Follow the Born in Bradford Social Media for more updates:

Facebook- Born in Bradford

Twitter- @BiBResearch

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## Volunteering

Information on how to volunteer with the NHS to support the response to coronavirus

<https://www.england.nhs.uk/participation/get-involved/volunteering/nhs-volunteer-responders/>

Information on how to volunteer with Bradford Council to support local communities during the coronavirus outbreak

<https://www.bradford.gov.uk/emergencies/council-service-disruptions/coronavirus-covid-19-volunteering-and-community-support/>

If you require a volunteer as you are self-isolating and are unable to get outside to shop, get medication etc. please call Bradford Council on 01274 431000 and they can match you with a volunteer

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