

COVID-19 Resources

Below are links to external sources to guide you during the coronavirus outbreak



Government guidance

- [All Gov.uk guidance](#)



Social distancing

- [Gov.uk - guidance for everyone](#)



People with symptoms

- [Gov.uk - Stay at home guidance](#)



Caring for vulnerable people

Shielding advice

- [Gov.uk website](#)
- [Gov.uk - Easy read \(PDF\)](#)
- [Gov.uk - Domestic Abuse](#)
- [Full gov.uk guidance](#)
- [Register for support](#)

Guidance for carers

- [Guidance from Carers UK](#)
- [Guidance from WellChild](#)



Advice for mental health

- [Gov.uk guidance](#)
- [Gov.uk - Easy read \(PDF\)](#)
- [Gov.uk - Young people](#)
- [Gov.uk - Young people - Easy read \(PDF\)](#)
- [LawCare \(emotional support for lawyers\)](#)



Useful helplines

- **Childline:** 0800 1111
- **Samaritans:** 116 123
- **Domestic Violence Hotline:** 0808 2000 247
- **Mind:** 0300 123 3393
- **Age UK:** 0800 169 6565
- **Alcoholics Anonymous:** 0800 9177 650