

## Factsheet 1: Wellbeing Support

There are a range of local and national services who offer mental health and wellbeing support and guidance, as well as support with keeping active.

### Mental Health and Wellbeing

**Merton Uplift** - free service for anyone in living in Merton or registered with a Merton GP experiencing difficulties and symptoms related to stress, anxiety and depression. The service runs from 9am–5pm, Monday - Friday. You can find out more by phoning 020 3513 5888 or visiting the Merton Uplift website.

<https://www.mertonuplift.nhs.uk/>

#### Merton Befriending Service

This is a joint service between Age UK Merton and The Wimbledon Guild, working together to deliver a (currently phone only) befriending service for isolated Merton residents, age 65 years and over.

Tel: 020 8648 5792

Email: [info@ageukmerton.org.uk](mailto:info@ageukmerton.org.uk)

**Wimbledon Guild** - a local charity helping to improve the wellbeing of people who live, work or study in Merton. Their Talking Therapies service is open to anyone over the age of 18 who lives, works or studies within Merton and charitable rates are offered on a sliding scale of fees.

<https://www.wimbledonguild.co.uk/how-we-help/talking-therapies/>

Tel: 020 8296 0030

Email: [counselling@wimbledonguild.co.uk](mailto:counselling@wimbledonguild.co.uk)

**Off the Record** – free and confidential online and telephone counselling available for 11-25 year olds in Merton, plus self-help materials.

<https://www.talkofftherecord.org/merton/>

**Kooth** – during the coronavirus outbreak the Kooth online counselling service is available to all Merton young people over the age of 11. Kooth offers free, safe and anonymous online counselling and supporting information for young people. Online registration required.

<http://www.kooth.com>

**Every Mind Matters** - mental health site offering tips, tools and apps to improve mental health including advice and practical tips on Coronavirus and wellbeing

<https://www.nhs.uk/oneyou/every-mind-matters/>

**NHS** - advice on mental health and wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

**Mind** - mental health charity providing a range of information and support including guidance on Coronavirus and wellbeing and an Infoline service

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

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse26f6e>

**Samaritans** - range of support including free telephone helpline providing emotional support and advice on their website on how to look after yourself during the outbreak <https://www.samaritans.org/>  
<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

**Rethink Mental Illness** - has a number of helplines which offer emotional support and also a national advice service, all of which offer support to those experiencing severe mental illness, their carers and relatives. <https://www.rethink.org/>

**Good Thinking** - Public Health England and NHS sponsored service available online or via an app. It provides free support to help people reduce stress and anxiety, improve their sleep and help lift their mood. <https://www.good-thinking.uk/>

**Thrive LDN** - On behalf of Public Health England London, [Thrive LDN](#) is coordinating the London-wide public mental health response to COVID-19 to support the mental health and resilience of Londoners during and after the pandemic. This is summarised within their [toolkit](#) which is updated weekly.

**Our Frontline** - a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation to launch a round-the-clock one-to-one support service for health, care, emergency and key and essential workers. <https://www.mentalhealthatwork.org.uk/ourfrontline/>

**Able Futures** - funded by Department for Works and Pensions - provides free one-to-one tailored support for staff experiencing anxiety, stress, depression or any other mental health issues for up to nine months. To use this service, call 0800 321 3137 between 8am–10.30pm, Monday–Friday or visit <https://able-futures.co.uk/>

**Remploy** - deliver a range of programmes and services providing employment and skills support for disabled people and those with health conditions, as well as providing services to employers enabling them to become more disability confident, including Access to Work Mental Health Support Service <https://www.remploy.co.uk/employers/mental-health-and-wellbeing/workplace-mental-health-support-service-employers>

**Mental Health at Work** - information and toolkits to help employees including a dedicated toolkit on Coronavirus and isolation: supporting yourself and your colleagues <https://www.mentalhealthatwork.org.uk/>

**Inspired Minds** - <https://inspiredminds.org.uk/>

## Keeping active

**Public Health England, Sport England and Sheffield Hallam University** - have produced an 'Active at Home' booklet, which provides practical guidance to older adults on home-based activities to maintain their strength and balance.

<https://campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118>

**NHS** - workouts and tips to get you moving and improve your fitness and wellbeing.

<https://www.nhs.uk/live-well/exercise/>

**Sport England** - tips, advice and guidance on how to keep or get active in and around your home.

[https://www.sportengland.org/jointhemovement#join\\_the\\_movement](https://www.sportengland.org/jointhemovement#join_the_movement)

**Attic Theatre Company** - have launched free, fun and relaxed online weekly dance workshops for everyone aged 55+. For more information and to sign up, visit

<https://attictheatrecompany.com/whatson/online-opportunities/> or email [bryony@attictheatrecompany.com](mailto:bryony@attictheatrecompany.com)