

Charities providing support during COVID-19

Please note, this list is not exhaustive. We aim to update this list as and when we find new Mental Health Charities. Would you like to add to this list? Please email admin@ayrshire-chamber.org to amend or add to this list.

Charity or Organisation	Website or Telephone
Anxiety UK	www.anxietyuk.org.uk/
Ayr Action for Mental Health	www.aamh.org.uk
Ayrshire Cancer Support	www.ayrshirecs.org or call 01563 538008
Beat	www.beateatingdisorders.org.uk
CALM (Campaign Against Living Miserably)	www.thecalmzone.net
Family Lives	www.familylives.org.uk
Headspace	www.headspace.com
Hospitality Health	http://hospitalityhealth.org.uk/
Men's Health Forum	www.menshealthforum.org.uk/beatstress.uk
Mental Health Foundation, Scotland	www.mentalhealth.org.uk/scotland
MIND	www.mind.org.uk
NHS Ayrshire & Arran	www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
NHS – Mental Wellbeing while staying at home (advice)	www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
NHS Inform/CoronaVirus	https://www.nhsinform.scot/coronavirus
No Panic	https://nopanic.org.uk/coronavirus/
Papyrus	https://papyrus-uk.org/
Prenumbra	http://www.penumbra.org.uk/
Quest (Chamber Service Partners)	www.questcover.com/news/the-impact-of-covid19-and-managing-

	your-mental-health/
Relate	www.relate.org.uk
Rethink	www.rethink.org
SANE	www.sane.org.uk/support
Samaritans	www.samaritans.org
SAMH (Scottish Association of Mental Health)	www.samh.org.uk
SeeMe	www.seemescotland.org
Support in Mind Scotland	www.supportinmindscotland.org.uk
Turning Point Scotland	www.turningpointscotland
Westfield Health (for those with Westfield Health Cover)	www.westfieldhealth.com / www.westfieldhealth.com/benefits
Young Minds	https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/

Funds can be found on a separate document in the Chamber News section of our website.

