

Charities and Mental & Physical Wellbeing 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 kate@ayrshire-chamber.org to amend or add to this list.

Charity or Organisation	Website or Telephone
AL-Anon Family Groups	www.al-anonuk.org.uk or call 0800 0086 811
Anxiety UK	www.anxietyuk.org.uk/
ArtsMinds	https://www.artsminds.co.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
Breathing Space	https://breathingspace.scot/ or call 0800 83 85 87
CALM (Campaign Against Living Miserably)	www.thecalmzone.net
Childline	www.childline.org.uk or call 0800 1111
Clear your Head	https://clearyourhead.scot/
Family Lives	www.familylives.org.uk
Federation of Scottish Theatre	https://www.scottishtheatre.org/category/covid-19-resources/ or call 0131 248 4842
Film and TV Charity	https://filmtvcharity.org.uk/covid-19-help-advice/ or call 0800 054 0000
Headspace	www.headspace.com
Healthier Scotland – Clear Your Head COVID-19 campaign	https://clearyourhead.scot/
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 or call 0300 123 3393
NHS Ayrshire & Arran	www.nhs.uk/mediaservices/1845/mentalhealthres.pdf
NHS Mental Health Hub	Call 111
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/
The Princes Trust	https://www.princes-trust.org.uk/about-the-trust/coronavirus-response
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 or call 116 123
SAMH (Scottish Association of Mental Health)	www.samh.org.uk
Scottish Welfare Fund	https://www.mygov.scot/scottish-welfare-fund/scottish-welfare-fund/
SeeMe	www.seemescotland.org
Support in Mind Scotland	www.supportinmindscotland.org.uk
Talk to Frank	www.talktofrank.com or call 0300 123 6600
Theatre Helpline	https://theatrehelpline.org/ or call 0800 915 4617
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-

Funds can be found on a separate document in the [Chamber News](#) section of our website.

EMPLOYER, EMPLOYEE, SELF-EMPLOYED & INDEPENDANT SUPPORT AND DOWNLOADABLE GUIDES

- [Coping with Covid](#) – guide from Westfield Health
- [Artists and Mental Health](#) – guidance and support from AN, the artists information company
- [COVID-19 Business Guidance for Music SMEs](#) – Association of Independent Music
- [Mental Health advice for those in the Arts](#) – ArtsMinds
- [The Wellness Starter Pack](#) – Helpful videos
- [Coronavirus resources](#) – Culture Health and Wellbeing Alliance
- [Coronavirus Employers resource centre](#) - Law at Work
- [Winter Wellbeing Toolkit: Beat the Winter Blues](#) – from Westfield Health
- [Divided Together](#) – research from Westfield Health
- [Wellbeing Toolkit: Immunity Boosters](#) - from Westfield Health
- [Wellbeing Toolkit: Switching Off](#) - from Westfield Health
- [Wellbeing Toolkit: Back Care](#) - from Westfield Health
- [Wellbeing Toolkit: Active Minds](#) - from Westfield Health
- [Wellbeing Toolkit: Active at Home](#) - from Westfield Health
- [Wellbeing Toolkit: Controlling Worry](#) - from Westfield Health

- [Key Worker Support Pack - from Westfield Health](#)
- [Wellbeing Toolkit: Heathy Eating - from Westfield Health](#)
- [Wellbeing Toolkit Breathing Techniques - from Westfield Health](#)
- [Wellbeing Toolkit Sleep and Rest - from Westfield Health](#)
- [Wellbeing Toolkit Coping with Change - from Westfield Health](#)
- [Preparing for COVID-19 – guide from Westfield Health](#)
- [Understanding Isolation: a guide to Social Distancing and Self-Isolating during the Coronavirus outbreak - from Westfield Health](#)
- [Mental Health Support Resources - from Westfield Health](#)
- [EMPLOYEE GUIDE: Working at Home – from Westfield Health](#)
- [What to do if you think you have Coronavirus](#)
- [How long should you stay isolated for?](#)

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