

## Look after yourself

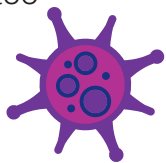
### Get moving

Exercise is important for keeping our body and mind well. Think about what you can do to move more inside including stretches or home workouts (remember to only work out within your ability).

Visit the 'Healthy Living' section on [nhs.co.uk](https://www.nhs.co.uk) where you'll find some exercise at home advice and different ways to improve your health and fitness.

### Keep your mind active

You can keep your mind active by setting yourself goals for the day - whether it's finishing a puzzle, texting a friend, or tidying your sock drawer, nothing is too small and completing things will give you a sense of achievement.



### Stay connected

Technology has made it easier than ever to keep in contact with people if we aren't able to see them in person from phone calls and 'virtual chats' on facetime or Zoom, to WhatsApp and social media. Investing time in these relationships can:

- Help you to build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others.

### Solent Mind helpline

Tel: 023 8017 9049

Monday - Friday, 8am-9am  
and 5pm-8pm (except bank holidays)

Saturday - Sunday, 9am-5pm

For anyone who is experiencing poor mental health or wellbeing challenges because of Coronavirus (COVID-19)



### Solent Mind text line

For those in a mental health crisis or emotional distress. Text 'LIGHTHOUSE' and your postcode to 07451 276010

Open 4.30pm - 12am. Staff will then contact you via telephone, email, webchat or text.

### Samaritans confidential support line

SAMARITANS

Experiencing suicidal thoughts?  
Call 116 123 - 24 hours a day.

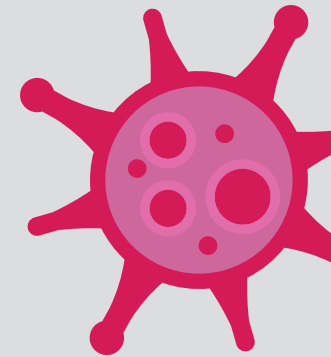
### Become a COVID-19 Community Champion

Stay up to date with the latest advice about COVID-19 and make a positive impact on your community

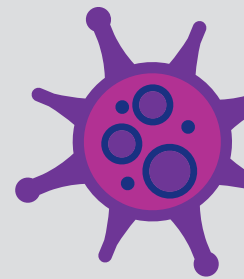
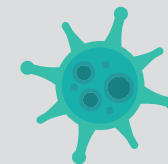
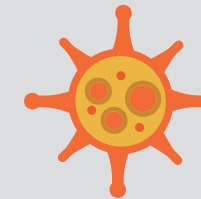
- Help share the latest information
- Spread the facts, not the fiction
- Be a trusted voice for your friends, family, neighbours and colleagues.

### Sign up today!

[southampton.gov.uk/  
communitychampions](https://southampton.gov.uk/communitychampions)



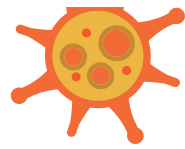
## A handy guide to some of the local community support available



[southampton.gov.uk/coronavirus](https://southampton.gov.uk/coronavirus)



## Need help?



### COVID-19 Resident helpline

Tel: 023 8083 4800

A help line dedicated to COVID-19 queries or if you need support. Open Monday - Friday, 8.30am - 5pm

If you are registered by your GP or clinician as clinically extremely vulnerable and asked in the last 12 months to shield, you should always contact your GP for help with health-related matters.



### Southampton Coronavirus Mutual Aid Groups

Tel: 07923 353365

Neighbourly help for those affected by Coronavirus. From picking up shopping lists and prescriptions, to walking the dog and befriending, it's a way to ask for help and help people who live nearby.

 [facebook.com/SCMAG2020](https://facebook.com/SCMAG2020)



Southampton Coronavirus Mutual Aid Group

### SO:Linked

Tel: 023 8021 6050

Email: [soccg.solinked@nhs.net](mailto:soccg.solinked@nhs.net)  
[www.solinked.org.uk](http://www.solinked.org.uk)



Find practical and emotional support available in the city, on the directory. Chat things through and get connected with local support or take a look at the many ways that you can help.

### Love Southampton

Tel: 023 8097 1084

Email: [info@lovesouthampton.org.uk](mailto:info@lovesouthampton.org.uk)  
[www.lovesouthampton.org.uk](http://www.lovesouthampton.org.uk)



Churches working together to support those most in need of help, including those who can't access the shops or pharmacies for essential supplies or who are isolated and alone.

### City Catering 'meals on wheels'

Tel: 023 8083 3866

[www.citycateringsouthampton.co.uk/care](http://www.citycateringsouthampton.co.uk/care)

Take away the strain of cooking, Monday to Friday - get nutritious hot meals delivered to your door. Call to discuss your specific needs.



#### You could also:

- Give your shopping list to family and friends
- Shop online
- Try batch cooking and freezing meals
- See if your local pharmacy can offer prescription deliveries.

## Advice and guidance

### Citizens Advice Southampton

Tel: 0300 330 2166

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

Get advice on a wide range of topics such as finances, universal credit, employment and immigration.



### PIPPA helpline

Tel: 023 8091 7917

Open 9.30am - 4.30pm

Confidential helpline offering advice, information and support for people experiencing domestic and sexual violence.



### No Limits

Tel: 023 8022 4224

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

Email: [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk)

Free and confidential information, advice, counselling, support and advocacy for children and young people under 26.



### Age UK Southampton

Tel: 023 8036 8636

[www.ageuk.org.uk/southampton](http://www.ageuk.org.uk/southampton)

Working in the community to support older people, their families and carers.

