



Looking after your mental health during lockdown

Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic

Looking after your mental health is important, and there are lots of local services available to support you and your loved ones:

www.togetherall.com - an online community for Shropshire residents who are stressed, anxious or low

Shropshire MIND – Call 01743 368647 or email: manager.shropshiremind@gmail.com

Samaritans – call 116 123 for a confidential safe place to talk about whatever is getting to you

Young Minds Parents Hotline – 0808 8025544 (9.30am – 4.00pm) free, confidential online support any adult worried about the mental health of a child or young person

Free bereavement counselling – 0345 678 9028

Kooth – free safe and anonymous online support for young people: www.kooth.com

Childline – call 0800 1111

For further support visit www.shropshire.gov.uk/coronavirus or call the Coronavirus (COVID-19) Shropshire Council Helpline on **0345 678 9028**



HANDS



FACE



SPACE



www.shropshire.gov.uk