BIRMINGHAM SCHOOLS

	Organisation	Information	Contact Number	Website
financial	The Project Birmigham	Housing/Financial Advice	0121 453 0606	https://www.theprojectbirmingham.org/about-project-birmingham-south-birmingham-young-homeless-project/
	Our Place	Support in various financial situations	0121 453 0000	https://ourplacesupport.org/advice-service/
	Our Flace		0121 334 40 80	
	GOV.UK	Statutory Sick Pay	0000 220 5644	https://www.gov.uk/statutory-sick-pay
		Universal Credit	0800 328 5644	https://www.gov.uk/universal-credit
		Furloughed Workers		https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees
ia.		Self-Employed		https://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme
-0°		Workers' Rights		https://www.gov.uk/lay-offs-short-timeworking
	The Money Advice Service	Entitlements		https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you
City.		CV19		https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/
•		Mortgage		https://www.citizensadvice.org.uk/debt-and-money/mortgage-problems/
	Citizens Advice	Rent		https://www.citizensadvice.org.uk/housing/renting-privately/during-your-tenancy/dealing-with-rent-arrears/
		Benefits		https://www.citizensadvice.org.uk/benefits/coronavirus-check-what-benefits-you-can-get/
		Gas/Electric	0300 3309 044	https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/
	Trading Standards	CV19 Scams		https://www.nationaltradingstandards.uk/news/beware-of-covid19-scams/
	West Midlands Police	CV19 Scams		https://west-midlands.police.uk/news/coronavirus-scam-warning-protect-yourself-and-your-details-fraudsters
	Organisation	Information	Contact Number	Website
	8	Finding a Food Bank		https://www.trusselltrust.org/get-help/emergency-food/
	The Trussell Trust	Food Voucher Advice		https://www.trusselltrust.org/get-help/emergency-food/food-vouchers/
	6111 A.L.			
¢ood €	Citizens Advice	Re: Food Banks		https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/using-a-food-bank/
	As-Suffa	Food delivery for eldery/isolating	07835 487124 OR 01212 852777	https://www.as-suffa.org
	Bahu Trust/Islamic Help	Food and sanitary product delivery	01214 404096	https://bahutrust.org
	Hotline Cars	Food/Medicine drop-offs	0121 353 2121	hotlinecarsItd@hotmail.co.uk
	Georgio's Veg Prep	Delivery of Fresh Fruit and Vegetables	07828130738 OR 0789450191	www.georgiosvegprep.co.uk
	The Big Feed	Apply for Help		https://theaws.co.uk/relief/
	Spear Head Trust	Cooked Lunch for Children in Need	0121 433 3532	https://spearheadtrust.org.uk
	Kingfisher Food Bank	Food Bank	0790 203 0134	http://kingfisherfoodbank.weebly.com/
	Sparkhill Foodbank	Food Bank	0121 708 1398	http://sparkhill.foodbank.org.uk/
	B30 Food Bank	Food Bank	07582 143 972	http://b30.foodbank.org.uk/
	Salma Foodbank	Food Bank	07767164246	https://www.salma-foodbank.org
	Great Barr Foodbank	Food Bank	0121 357 5399	http://greatbarr.foodbank.org.uk/
	Quinton and Oldbury Foodbank	Food Bank	07732157619	http://quintonoldbury.foodbank.org.uk/
	Smethwick Pantry	Food Bank	0751 724 1195	https://www.yourlocalpantry.co.uk/smethwickcan/
	Birmigham Central Food Bank	Food Bank	0121 236 2997	http://birminghamcentral.foodbank.org.uk
	Sabeel Foundation	Food Bank/Hot Meals	020 3500 9786	
	Organisation	Information	Contact Number	Website
	Birmingham and Solihul Women's Aid	Help for Vulnerable Women	0808 800 0028	www.bswaid.org
	SafeLives	Violence and CV19		http://safelives.org.uk/news-views/domestic-abuse-and-covid-19
	Birmigham Housing Options Hub	Housing Issues	0808 169 9604	
	Birmigham City Council	Council Housing Concerns	0121 303 7410	
	Birmignam City Council	council riousing concerns	0121 303 7410	https://www.birmingham.gov.uk/info/20006/housing
	,	· ·	Adult: 0121 303 1234 OR 0121 675 4806	https://www.birmingham.gov.uk/nnfo/20018/housing https://www.birmingham.gov.uk/nnfo/20018/adult_social_care_services_and_support/2
	Social Care	Concern for Child/Adult Wellbeing		
	,	· ·	Adult: 0121 303 1234 OR 0121 675 4806	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2
	Social Care	Concern for Child/Adult Wellbeing	Adult: 0121 303 1234 OR 0121 675 4806	https://www.birmingham.gov.uk/info/20018/aduit_social_care_and_health/115/how_to_contact_us_about_aduit_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_child
	Social Care NHS Women's Aid	Concern for Child/Adult Wellbeing Mental Health Helplines	Adult: 0121 303 1234 OR 0121 675 4806	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbcild=hwAR2qsc5Yil3XSP2luDa5mpx6_zeMTXKzjxRXHARPRidB0-1XDFzQKafh2E
-¢s	Social Care NHS Women's Aid	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbcild=hwAR2qsc5Yil3XSP2luDa5mpx6_zeMTXKzjxRXHARPRidB0-1XDFzQKafh2E
ains	Social Care NHS Women's Aid	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/s/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbcild=hwAR2gcsSYl3XSP2luDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://chat.womensaid.org.uk
weins	Social Care NHS Women's Aid	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Women&children	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24	https://www.birmingham.gov.uk/info/2018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbclid=hwAR2gscSYli3XSP2/uDa5mpxG_ZeMTXKzjxRXHARPRidB0-1XDFzQKafhZE https://chat.womensaid.org.uk https://mensadviceline.org.uk
ellbeine	Social Care NHS Women's Aid	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Women&Children Community Hotline	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/s/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ffbclid=hwAR2gccSYli3XSP2luDaSmpxGZeMTXKzjxRXHARPRidB0-1XDFzQKaffh2E https://chat.womensaid.org.uk https://mensadviceline.org.uk https://www.nationaldahelpline.org.uk
Wellbeins	Social Care NHS Women's Aid	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Women&Children Community Hotline Support in Loneliness, Food and Wellbeing	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375 07729715765	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/s/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbcild=wAR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://chat.womensaid org.uk https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/mental-helplines/fbcild-waR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://www.nbs.uk/conditions/stress-anxiety-depression/stress-anxiety-depression/stress-anxiety-depression/stress-anxiety-depression/stress-anxiety-depression/stres
Wellbeine	Social Care NHS Women's Aid ManKind Men's Advice Line Refuge Black Country Radio The Active Wellbeing Society Birmingham Mind	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Women&Children Community Hotline Support in Loneliness, Food and Wellbeing Mental Helth Support	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375	https://www.birmingham.gov.uk/info/2018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_c.hild https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbclid=hwAR2gscSYiB3XSP2luDaSmpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://chat.womensaid.org.uk https://mensadviceline.org.uk https://www.nationaldahelpline.org.uk https://www.nationaldahelpline.org.uk https://www.bvsc.org/sites/default/files/BrumTogether%20FINAL%20%281%29-compressed.pdf help@birminghammind.org
Wellbeins	Social Care NHS Women's Aid ManKind Men's Advice Line Refuge Black Country Radio The Active Wellbeing Society Birmingham Mind Health Watch Birmigham	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Wen Community Hotline Support in Loneliness, Food and Wellbeing Mental Helth Support List of Support Facebook Pages	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375 07729715765	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birmingham.childrenstrust.co.uk/info/s/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/fbcild-lwAR2gccSYli3XSP2luDaSmpxG_zeMTXKzjxRXHARPRidB0-1XDFzQKafh2E https://chat.womensaid.org.uk https://mensaidvceline.org.uk https://www.nbionaldahelpline.org.uk https://www.nbionaldahelpline.org.uk https://www.nbionaldahelpline.org.uk https://www.bvsc.org/sites/default/files/BrumTogether%2OFINAL%20%281%29-compressed.pdf help@birminghammind.org https://healthwatchbirmingham.co.uk/coronavirus-covid-19-help-and-support/
Wellbeins	Social Care NHS Women's Aid ManKind Men's Advice Line Refuge Black Country Radio The Active Wellbeing Society Birmingham Mind Health Watch Birmigham GOV.UK	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Women&Children Community Hotline Support in Loneliness, Food and Wellbeing Mental Helth Support List of Support Facebook Pages Register an Extremely Vulnerable Person	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375 07729715765 0121 262 3555	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/s/contact_us/38/worried_about_a_c.hild https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ffbcild=wAR2.gcsVil3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKaffb2E https://chat.womensadviceline.org_uk https://mensadviceline.org_uk https://www.nbsc.org/sites/default/files/BrumTogether%20FINAL%20%281%29-compressed.pdf help@blimminghammind.org https://healthwatchbirminghamcouk/coronavirus-covid-19-help-and-support/ https://www.gov.uk/coronavirus-extremely-vulnerable
Wellbeine	Social Care NHS Women's Aid ManKind Men's Advice Line Refuge Black Country Radio The Active Wellbeing Society Birmingham Mind Health Watch Birmigham GOV.UK Moseley Together	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Women&Children Community Hotline Support in Loneliness, Food and Wellbeing Mental Helth Support List of Support Facebook Pages Register an Extremely Vulnerable Person Help with Food, Prescriptions and Errands	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375 07729715765 0121 262 3555	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_c.hild https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbcilde=wAR2.gcs.Yli3XSP2!uDa5mpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://chat.womensaid.org_uk https://mensadviceline.org_uk https://www.nationaldahelpline.org_uk https://www.nationaldahelpline.org_uk https://www.bvsc.org/sites/default/files/BrumTogether%20FINAL%20%281%29-compressed.pdf help@birminghammind.org https://healthwatchbirminghamcoult/coronavirus-covid-19-help-and-support/ https://www.gov.uk/coronavirus-covid-19-help-and-support/ https://www.gov.uk/coronavirus-covid-19-help-and-support/ https://www.gov.uk/coronavirus-covid-19-help-and-support/
Wellbeins	Social Care NHS Women's Aid ManKind Men's Advice Line Refuge Black Country Radio The Active Wellbeing Society Birmingham Mind Health Watch Birmigham GOV.UK Moseley Together Samaritans	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Wen Help for Vulnerable Women&Children Community Hotline Support in Loneliness, Food and Wellbeing Mental Helth Support List of Support Facebook Pages Register an Extremely Vulnerable Person Help with Food, Prescriptions and Errands Emotional Support	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375 07729715765 0121 262 3555	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birmingham.childrenstrust.co.uk/info/fc/contact_us/38/worried_about_a_child https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/f7bcid-awAR2.gcc5Yil3XSP2IuDa5mpxG_ZeMTXKzjxRXHARPRidB0-1XDFzQKafh2E https://chat.womensaid.org.uk https://www.nationaldahelpline.org.uk https://www.nationaldahelpline.org.uk https://www.nationaldahelpline.org.uk https://www.bvsc.org/sites/default/files/BrumTogether%2DFINAL%2D%281%29-compressed.pdf help@blirmingham.co.uk/coronavirus-covid-19-help-and-support/ https://www.gov.uk/coronavirus-extremely-vulnerable https://www.samaritans.org
Wellbeins	Social Care NHS Women's Aid ManKind Men's Advice Line Refuge Black Country Radio The Active Wellbeing Society Birmingham Mind Health Watch Birmigham GOV.UK Moseley Together Samaritans Shout Crisis	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Men Community Hotline Support in Loneliness, Food and Wellbeing Mental Helth Support List of Support Facebook Pages Register an Extremely Vulnerable Person Help with Food, Prescriptions and Errands Emotional Support Text "Shout"	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375 07729715765 0121 262 3555 07796 668257 116 123 85258	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birmingham.childrenstrust.co.uk/info/s/contact_us_about_a_c.hild https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ffbcid-invAR2gccSYil3XSP2IuDaSmpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://chat.womensadviceline.org_uk https://www.nationaldahelpline.org_uk https://www.nationaldahelpline.org_uk https://www.nationaldahelpline.org_uk https://www.nbvsc.org/sites/default/files/BrumTogether%20FINAL%20%281%29-compressed.pdf help@birminghammind.org https://wishwachbirminghammind.org https://www.pvs.uk/coronavirus-extremely-vulnerable https://www.gov.uk/coronavirus-extremely-vulnerable https://www.arairans.org https://www.crisistextline.uk
Wellbeine	Social Care NHS Women's Aid ManKind Men's Advice Line Refuge Black Country Radio The Active Wellbeing Society Birmingham Mind Health Watch Birmigham GOV.UK Moseley Together Samaritans Shout Crisis ReThink	Concern for Child/Adult Wellbeing Mental Health Helplines Help for Vulnerable Women Help for Vulnerable Men Help for Vulnerable Men Help for Vulnerable Women&Children Community Hotline Support in Loneliness, Food and Wellbeing Mental Helth Support List of Support Facebook Pages Register an Extremely Vulnerable Person Help with Food, Prescriptions and Errands Emotional Support Text "Shout" Mental Illness Support	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806 01823 334 244 0808 801 0327 0808 2000 24 01384 465375 07729715765 0121 262 3555 07796 668257 116 123 85258 0300 123 3393	https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2 https://www.birminghamchildrenstrust.co.uk/info/s/contact_us/38/worried_about_a_c.hild https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbcild=wAR2.gcs.Yli3XSP2!uDaSmpxGZeMTXKzjxRXHARPRidB0-1XDF2QKafh2E https://chat.womensaid org.uk https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helpline.org.uk https://www.nbs.uk/conditions/stress-anxiety-depression/mental-health-helpline.org.uk https://www.nbs.corg/sites/default/files/BrumTogether%20FINAL%20%281%29-compressed.pdf help@blimminghamtodus/coronavirus-covid-19-help-and-support/ https://www.simmingham.co.uk/coronavirus-extremely-vulneable https://www.simmingham.co.uk/coronavirus-extremely-vulneable https://www.samaritans.org https://www.samaritans.org https://www.samaritans.org https://www.rethink.org
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