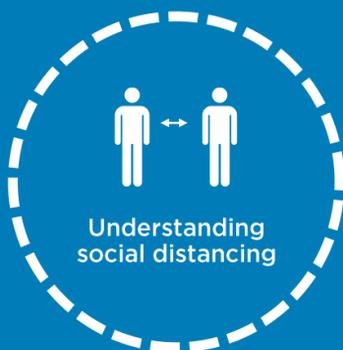


# How to access support during the Coronavirus (COVID-19) outbreak

Here are some contact details you may find useful in helping you through the current situation:

For up-to-date information on the current situation, as well as guidance on what you can and cannot do during the outbreak:

- Visit the [GOV.UK website](https://www.gov.uk) if you live in England
- Visit the [Department of Health's website](https://www.hps.nhs.uk) if you live in Northern Ireland
- Visit the [GOV.SCOT website](https://www.gov.scot) if you live in Scotland
- Visit the [GOV.WALES website](https://www.gov.wales) if you live in Wales



For the latest information on social distancing measures and how to follow them:

- Visit the [GOV.UK website](https://www.gov.uk)

For information and advice on money matters:

- Visit [Stepchange Debt Charity's website](https://www.stepchange.org) or call their free Helpline on 0800 138 1111
- Visit the [Money Advice Service website](https://www.moneyadviceservice.org.uk) or call their free Helpline on 0800 138 7777
- Visit the [Turn2us website](https://www.turn2us.org.uk)



For information on employment matters:

- Visit the [GOV.UK website](https://www.gov.uk) for general guidance for employees
- [Click here](#) for information on Statutory Sick Pay (SSP) and how to obtain an isolation note
- Visit the [ACAS website](https://www.acas.org.uk) to understand your rights as an employee

If you're having a difficult time and would like information and support:

- Visit [YoungMinds' website](https://www.youngminds.org.uk), for children and young people
- Visit [Kooth's website](https://www.kooth.com), for children and young adults
- Visit [Mind charity's website](https://www.mind.org.uk) or call their Helpline on 0300 123 3393

You may also find it useful to have a read through The CBT Resource's guide to [Managing stress and worry during the COVID-19 outbreak](#), and Psychology Tools's guide to [Living with worry and anxiety amidst global uncertainty](#).

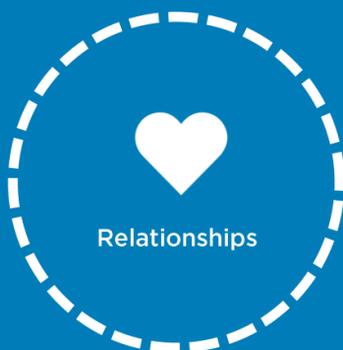


If you think you have a health condition which makes you particularly vulnerable:

- Visit the [GOV.UK website](https://www.gov.uk) for guidance

For advice and guidance on providing care and support to a vulnerable person:

- Visit the [CarersUK website](https://www.carersuk.org)



For information on relationship support:

- Visit [Relate's website](https://www.relate.org.uk)

If you work or have worked for a bank in the UK and would like to explore Relate's relationship counselling services – available for individuals, families, children and young people – please call our free Helpline on 0800 0234 834

For information on how to get help with domestic abuse:

- Visit the [SafeLives website](https://www.safelives.org.uk)
- Visit the [National Domestic Abuse Helpline website](https://www.nationaldomesticabusehelpline.org.uk) or call their free Helpline on 0808 200 0247, for women and children
- Visit the [Men's Advice Line website](https://www.menadviceline.org.uk) or call their free Helpline on 0808 801 0327
- Visit [Galop's National LGBT+ Domestic Abuse Helpline website](https://www.galop.org.uk) or call their free Helpline on 0800 999 5428



Published April 2020



0800 0234 834



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