**Useful Contacts – Abington Medical Centre – August 2020**

* IAPT/Wellbeing team Self-Referral 0300 999 1616  ([www.nhft.nhs.uk/iapt](http://www.nhft.nhs.uk/iapt))
* Adult Social Care 03001261000
* Mind 01604 634310
* Age UK 01604 611200
* Community Navigators 01536 523216 or 01933 223591
* Northamptonshire Carers 01933 677907
* GP out of hours 111
* Total Voice – Advocacy 0300 330 5499
* Women’s Aid 0845 1232311
* Relate Relationship Counsellors 01604 634 400
* Citizens Advice Bureau 0344 111 444
* Substance to Solutions (S2S) 01604 211304
* National Debt line 0808 808 4000
* Samaritans - 116 123
* CRUSE (Bereavement Counselling) 07772 428532
* National [Domestic Violence Helpline](https://www.nationaldahelpline.org.uk/): 0808 200 247
* NSPCC Helpline 0808 800 5000
* Childline 0800 1111

MIND: [Mental Health Support](https://www.mind.org.uk/) with specific advice on 'Coronavirus and your wellbeing'

[YoungMinds](https://youngminds.org.uk/): Supporting children and young people and their parents/carers with the mental health and wellbeing. With specific advice on managing self-isolation and anxiety over coronavirus

[ICON](http://iconcope.org/): Babies cry. You can cope

[SafeLives](http://safelives.org.uk/news-views/domestic-abuse-and-covid-19): Specific resources for domestic abuse and COVID-19