



Mental Health & Wellbeing Online Support Directory

There is a wide range of support available at King's and beyond, to help you take care of your mental health and wellbeing during this particularly challenging time.

Click the buttons below to find charities and organisations who can offer you tailored support and guidance.

General mental health and wellbeing support

Black Bullion

Black Bullion help develop students' financial skills and wellbeing. They've created a [student survival guide for self-isolation](#).

Campaign Against Living Miserably (CALM)

CALM offer a free and confidential helpline for anyone who needs to talk about life's problems. CALM is for everyone, but is especially targeted at men, and they have put together some tips on [coping with social isolation](#) during the coronavirus pandemic.

Carers UK

Carers UK provide expert advice, information and support to people who are caring for a loved one. They have created a webpage to provide the [latest advice for unpaid carers](#) during the coronavirus pandemic.

Disability Rights UK

Disability Rights UK represent the needs and expectations of disabled people in the UK. They have a webpage dedicated to providing up to date information and links to the latest government guidance about [coronavirus and how it might impact disabled people](#).

Living Life to the Full (LLTTF)

Living Life to the Full offer free online courses to help with low mood, stress and resilience. LLTTF have compiled some articles and advice on [coping with mental health issues during coronavirus](#).

LGBT+ Switchboard

LGBT+ Switchboard is a helpline which provides a safe space for LGBT+ people to discuss anything, from sexuality, to emotional wellbeing.

Switchboard have created an [emotional wellbeing support pack](#) to help you feel support, comforted and less alone during coronavirus.

Mental Health Foundation (MHF)

The Mental Health Foundation have a range of advice on [looking after your mental health during the coronavirus pandemic](#). From coping with loneliness to parenting during coronavirus, the MHF's top tips are being constantly updated.

Mind

Mind provide advice and support to empower anyone experiencing a mental health problem. Mind have shared practical tips and advice on [wellbeing and coronavirus](#).

NHS Every Mind Matters

NHS Every Mind Matters provide information and resources on a variety of mental health topics and have created specific guidance and top tips for [looking after your wellbeing during coronavirus](#).

Nightline

Nightline is a confidential and anonymous listening and practical information service run by students for students. Nightline are continuing to offer support by Instant Messaging, SMS and email during this time.

ORCHA

ORCHA is an independent health science and technology company that assesses a range of health apps for their efficacy. They have created [a list of apps](#) that might be useful for anyone (including students) to help during the coronavirus pandemic.

Student Minds

Student Minds empower students and members of the university community to look after their own mental health, support others and create change. Student Minds have also compiled some [useful resources to help with home study and mental health](#) during the coronavirus pandemic.

Anxiety

Anxiety UK

Anxiety UK provide support to people who are experiencing anxiety, stress and anxiety based depression. Anxiety UK offer a helpline and have a [range of resources](#) to help you cope with Anxiety during coronavirus.

British Association for Counselling and Psychotherapy (BACP)

Members of the BACP have shared suggestions on [how to cope if you are feeling anxious](#) about coronavirus.

No Panic

No Panic is a charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. No Panic have created some [tips on coping with anxiety and panic disorders during coronavirus](#).

Bereavement

Cruse

Cruse offers telephone, email and website support for bereaved people. Cruse have also created some support and guidance for [dealing with bereavement and grief during isolation](#).

Bipolar Disorder

Bipolar UK

Bipolar UK offer advice and guidance for people affected by Bipolar via a call back and email service. They also have a moderated eCommunity for people affected Bipolar to talk to others with similar experiences, as well as a number of blogs about [coping with Bipolar during coronavirus](#).

Domestic or Sexual Violence & Abuse

The government acknowledges that the order to stay at home during the coronavirus pandemic can cause anxiety for those who are experiencing or feel at risk of domestic abuse. You can access [information about a range of services and charities](#) who can provide advice and support to victims of domestic or sexual violence and abuse on the [gov.uk website](#).

Rape Crisis

Rape Crisis are continuing to offer [support to survivors of sexual violence](#) during the coronavirus lockdown. You can access online resources and speak to someone via helpline or webchat.

Refuge

Refuge run a range of specialist services to help people experiencing domestic violence and abuse. Refuge have created some [safety tips](#) to help during coronavirus.

Survivors UK

Survivors UK offer support for male, trans, and non-binary survivors of sexual violation. They have created a [guide for people who are self-isolating with an abusive person](#).

Victim Support

Victim Support provide free and confidential support to victims of crime in England and Wales. Their support line remains open 24/7 during the coronavirus pandemic.

Eating Disorders

Beat

Beat empower and offer support to people experiencing an eating disorder and their loved ones. Beat have compiled some practical advice, as well as answers to frequently asked questions and concerns about [copng with an eating disorder during the coronavirus pandemic](#).

The Sanctuary

Beat have also created [The Sanctuary](#) – an online group and safe space for people with an eating disorder to share concerns and advice on coping during the pandemic.

OCD

OCD-UK

OCD-UK provide advice, information and support services for people affected by OCD. OCD-UK have created some [top tips for managing OCD during coronavirus](#).

OCD Action

OCD action support people with OCD with information on treatment and online resources, as well as a support line. They have put together some tips on [copng with OCD through coronavirus](#).

Suicide Prevention

Papyrus

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide and anyone who may be worried about a young person. Papyrus have a confidential helpline and have created a list of [suggestions to help boost wellbeing and practice self-care](#) during the coronavirus pandemic.

Stay Alive App

[Grassroots](#), the suicide prevention charity, have created [an app for people at risk of suicide](#) and those worried about someone who may be considering suicide. The app has lots of useful information and tools for staying safe during crisis.

Samaritans

Samaritans offer telephone and email support for anyone who is struggling to cope, or needs someone to listen without judgment or pressure. Samaritans have gathered some [helpful resources](#) for people who may be worried about their mental health during the coronavirus outbreak.