

Emergency Key Resources

The following are helpful resources/services which can support individuals and families during this covid-19 outbreak. During this challenging time the following support services can assist, guide, support and educate families.

Foodbanks – Keighley & Shipley

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| Salvation Army Keighley | 01535 603494 Email address: keighley@salvationarmy.org.uk High Street, Keighley, BD21 2LJ |
| Windhill Foodbank Centre | 07928899789 Christ Church, Church Street, Shipley, BD18 2NR |
| Shipley Foodbank Centre | 07743 890310 Shipley Baptist Church, New Kirkgate, Shipley, BD18 3QY |
| Bingley Foodbank | Bingley Arts Centre |

Useful Information

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| Self-employment and Universal Credit | https://www.gov.uk/self-employment-and-universal-credit |
| Housing /Rent | https://www.gov.uk/housing-and-universal-credit |
| Citizens Advice | www.citizensadvice.org.uk/local/bradford-airedale/contact-us Email: debtadvice@bradfordcab.com Phone: 03442 451282 |
| Coronavirus (COVID-19) advice and Information | https://www.bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/ |
| NHS Coronavirus (COVID-19) Overview | https://www.nhs.uk/conditions/coronavirus-covid-19/ |
| MyWellbeing College | http://bmywellbeingcollege.nhs.uk/ MyWellbeing College is a free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress. |
| Bradford Survive and Thrive | 08082 800999 National 24hr: 08082 000247 Provide support for families who have experienced domestic abuse & sexual violence. |

Mobile Phone Apps

| App | What is it? |
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| Bright Sky | Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know. |
| Big White Wall | Big White Wall is an online community for people who are <u>stressed</u> , <u>anxious</u> or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists. |
| Blue Ice | <p>BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to <u>self-harm</u>.</p> <p>It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.</p> |
| Calm Harm | Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected. |
| Catch It | Learn how to manage feelings like <u>anxiety</u> and <u>depression</u> with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. |
| Chill Panda | Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries. |
| Cove | Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking. |
| CYPHER | Cypher (formerly Silent Secret) is an anonymous peer-to-peer social network. It's a space to share your feelings and secrets, give and receive support, and connect to other support organisations. |
| distrACT | <p>The distrACT app gives you easy, quick and discreet access to information and advice about <u>self-harm</u> and <u>suicidal thoughts</u>.</p> <p>The content has been created by doctors and experts in self-harming and suicide prevention.</p> |
| Feeling Good – positive mindset | Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. |
| Health Unlocked | Use HealthUnlocked to find and connect with people with mental health conditions, including low mood, panic and anxiety. |
| IPREVAIL | IPrevail connects you with people who face similar situations and know what you're going through, with communities on stress, anxiety, |

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| | depression and more |
| My Possible Self | Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health. |
| PZIZZ | The Pzizz app aims to help you stop your mind racing, get to sleep, stay asleep and wake up refreshed. |
| Silvercloud | SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace. |
| Smiling Mind | Mindfulness is proven to lead to better attention, memory, regulation of emotions and self awareness. In turn, improvements in these areas can lead to reduced stress, anxiety and depression, better academic skills, social skills and self esteem. |
| Stress and Anxiety Companion | Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs. |

Online Parenting Programmes

Freedom: This can be completed online for £12.

<http://www.freedomprogramme.co.uk/online.php>

Family Links Nurturing programme can be completed free of charge online:

<https://www.netmums.com/support/netmums-parenting-course>

Family Links Resources:

<https://familylinks.org.uk/parents#free-downloads-for-parents>

<https://www.handinhandparenting.org/free-downloads/>

<https://www.thespark.org.uk/relationship-support-parents-families/free-parenting-resources/>

PACE – info for parents whose children are at risk of sexual exploitation

<https://paceuk.info/for-parents/>

HENRY – top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth

<https://henry.org.uk/>