COVID-19 Patient resources

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| **General** |  |  |
| Rehab Advice | Staffed by resp physios for those concerned about recovery after COVID | Tel: 07969334704 (Mon-Fri 0900-1200) |
| Ready Scotland | Additional support services | Web: <https://www.readyscotland.org/coronavirus/where-to-find-additional-support/> |
| National Assistance Helpline | Disabled, Mental heath conditions, Dementia, >70 years, pregnant, get flu vaccine | Tel: 08001114000 (Mon- Fri 0900-1700) |
| **Food** *(alternatives to major supermarkets)* |  |  |
| Empty Kitchen Full Hearts | Chefs turning surplus food into emergency meals | Tel: 07895347157Email: emptykitchens@hotmail.com |
| Volunteer Edinburgh | Map of delivery food services in Edinburgh | Web: <https://www.volunteeredinburgh.org.uk/volunteer/covid-19/> |
| Scran Academy | Currently providing free hot meals for those in need | Web: <https://www.scranacademy.com/> |
| Doorstep Market | Online resource of local shops open in COVID19 | Web: <https://www.doorstepmarket.co.uk/> |
| Oakhouse foods | Frozen Ready Meals | Web: <https://www.oakhousefoods.co.uk/> |
| Edinburgh farmers market | List of supplier offering deliveries | Web: <https://www.edinburghfarmersmarket.co.uk/location/> |
| **Prescriptions** |  |  |
| Volunteer Edinburgh | Map of pharmacies offering delivery of mediations around Edinburgh | Web: <https://www.volunteeredinburgh.org.uk/volunteer/covid-19/> |
| **Mental Health:**  |  |  |
| ***Children*** |  |  |
| CAMHS | Full list of online resources | Web: <https://services.nhslothian.scot/camhs/Resources/Pages/Online-Resources.aspx> |
| Positive Transition  | One to one service for young people  | Referral serviceWeb: <https://peopleknowhow.org/positive-transitions-service/>Email: positive.transitions@peopleknowhow.org |
| ***Adults*** |  |  |
| Edinburgh Crisis Centre | Phone link remains open 24/7 | Web: <http://www.edinburghcrisiscentre.org.uk/>Tel: 08088010414Email: crisis@edinburghcrisiscentre.org.uk |
| EdSpace | Full list of services running in COVID19 | Web: <https://edspace.org.uk/covid-19-service-updates/> |
| BreathingSpace | Phoneline to discuss mental health | Web: <https://breathingspace.scot/>Tel: 0800838587 |
| Trauma Counselling Line Scotland | From minority ethnic group or has a disability (inc mental health conditions). Multiple languages.  | Referral ServiceWeb: <https://www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/>Tel: 08088020406Email: counselling@health-in-mind.org.uk  |
| City of Edinburgh Council Psychological Services | Parents/carers, school staff, those working children/young people  | Web: <https://www.edinburgh.gov.uk/psychologicalservices>Tel: 0131 469 2800Email: psychologicalservices@ea.edin.sch.uk |
| Health in Mind NE Edinburgh | Online depression and Anxiety Group | Web: <www.health-in-mind.org.uk>Tel: 01312258508Email: edinburghselfhelp@healthinmind.org.uk  |
| E-Pal | Virtual “pen pal”. Offers support in English, Spanish, French Italian | Website: <https://www.e-pal.co.uk/> |
| **Older People** |  |  |
| PhoneLink | Extra resources during COVID19Age=65+ | Web: <https://www.caringincraigmillar.co.uk/phonelink-edinburgh.html>Tel: 01315906930Email: phonelink@caringcraigmiller.or |
| The Silver Line | 24/7 free UK helpline for older people Age=55+ | Web: <https://www.thesilverline.org.uk/>Tel: 08004708090 |