# Suggested Helplines

If you are affected by any of the issues raised in this questionnaire or are looking for information on COVID-19 please visit:

Coronavirus explained: [coronavirusexplained.ukri.org/en/](https://coronavirusexplained.ukri.org/en/)

Government guidelines: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

NHS advice: [www.nhs.uk/conditions/coronavirus-COVID-19/symptoms-and-what-to-do/](http://www.nhs.uk/conditions/coronavirus-Covid-19/symptoms-and-what-to-do/)

Samaritans - Emotional support for everyone: [www.samaritans.org](http://www.samaritans.org/)

Mind - Advice and support for anyone with a mental health problem [www.mind.org.uk](http://www.mind.org.uk/)