

## At St George's we are aware that the current pandemic of Coronavirus has hit people hard.

Many are **struggling to cope** with everyday life. **We care** about your wellbeing and the wellbeing of your family. Take a look at the questions below. **Links** of organisations that can help are on **page 2** of this leaflet.

**Are you a single parent or sole carer? PLEASE TELL US**  
**IF YOU ARE BEING ADMITTED AND YOU ARE WORRIED ABOUT WHAT WILL HAPPEN TO SOMEONE WHO DEPENDS ON YOU, PLEASE TELL OUR STAFF.**

**Violence in the Home PLEASE TELL US**

- Do you feel unsafe at home?
- Are you worried about you or your children's safety during the lockdown?

### **Bereavement**

- If you have had a recent bereavement, do you feel that you are being supported through this?
- If you have had a recent bereavement in the family, do you worry about supporting your children through their bereavement?

### **Anxiety**

- Are you struggling with anxiety or other mental health problems since coronavirus?
- Are you worried about your children's level of anxiety and would like support with this?

### **Food**

- When was your last hot meal?
- Are you worried about feeding yourself or your family?

### **Housing**

- Are you worried about housing yourself or your family during the coronavirus pandemic?

### **Drugs and Alcohol**

- How often are you having more than 3-4 drinks in one night?
- Do you feel you have increased your alcohol intake since the lockdown started?
- Have you started or increased your use of recreational drugs to cope with the lockdown?

## Violence in the Home

## TELL US NOW

**Domestic Violence has risen by 25%. Please tell a member of staff if you or your children are affected by this. Here are other ways to get help and support.**

**IN EMERGENCY DIAL 999. IF YOU CAN'T SPEAK DIAL 55 AND THE OPERATOR WILL GET HELP TO YOU.**

**National Domestic helpline** 0808 2000 247

**Victim Support (self referral)** 0808 1689 111

**Local Independent Domestic Violence Advocates** 020 7801 1777 (Ask for Wandsworth or Merton Team). **Abuse along with drug/alcohol or severe mental health problems call - Refuge Complex Needs Team** 020 8948 8188

## Bereavement

If you are supporting a bereaved child, remember you are not alone. Here are the details of some organisations that can help.

### Winston's Wish:

Freephone: 0808 802 0021

[www.winstonswish.org](http://www.winstonswish.org)

### Child Bereavement UK:

Freephone: 0800 028 8840

[www.childbereavementuk.org](http://www.childbereavementuk.org)

## Anxiety

### Samaritans

Call 116 123 from any phone

### NHS Choices



### Supporting Young people?

Here's a YouTube video to help with dealing with anxiety due to covid19.



## Housing

The government has recently **changed eviction laws**. If you're worried about rent, bills or mortgage repayment.

**Scan the QR code** for the link to **Citizens Advice**.

**Homeless?** Download the **StreetLink app** for local help



## Food

Contact your **Local food bank** to find out where you can obtain **food vouchers**.

### MERTON FOOD BANK

020 8544 0126

Elim Pentecostal Church, 76 Kingston Road, South Wimbledon SW19 1LA

### WANDSWORTH FOOD BANK

020 7326 9428

St Mark's Church, Battersea Rise SW11 1ES

### CROYDON FOOD BANK

020 8686 5664

Unit 5, 46 Pilton Estate, Pitlake, Croydon CR0 3RA

## Drugs and Alcohol

If you need any help or advice please contact the **St George's Drug and Alcohol Team**

[Alcohol.liasonteam@stgeorges.nhs.uk](mailto:Alcohol.liasonteam@stgeorges.nhs.uk) or telephone 020 8725 0595.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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