

Group	Online	Email	Telephone	Description
NHS	<a href="http://www.nhs.uk">www.nhs.uk</a>		111	Only call 111 if you cannot get help online.
NHS Mental Health Helplines	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines</a>			
UK Government	<a href="http://www.gov.uk">www.gov.uk</a>			
Emergency Services			999	For a medical emergency dial 999
World Health Organisation (WHO)	<a href="http://www.who.int/emergencies/diseases/novel-coronavirus-2019">www.who.int/emergencies/diseases/novel-coronavirus-2019</a>			Latest global updates on Coronavirus disease (COVID-19) outbreak
Public Health England	<a href="https://www.gov.uk/government/organizations/public-health-england">https://www.gov.uk/government/organizations/public-health-england</a>			Latest UK updates on Coronavirus disease (COVID-19) outbreak
Age UK	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>		0800 678 1602. 8am-7pm daily	Information and advice for older people and their families
ALCOHOLICS ANONYMOUS	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	<a href="mailto:help@alcoholics-anonymous.org.uk">help@alcoholics-anonymous.org.uk</a>	0800 9177650	
Alzheimer's Society	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>		0333 150 3456	Alzheimer's Society can answer all your questions about dementia. We can also give you tips if you find it difficult to follow the NHS advice about coronavirus. We cannot offer personalised medical advice. But we will direct you towards other reliable sources. Call our support line on 0333 150 3456.
AUTISM HAMPSHIRE	<a href="http://www.autismhampshire.org.uk">www.autismhampshire.org.uk</a>	<a href="mailto:info@autismhampshire.org.uk">info@autismhampshire.org.uk</a>	01489 880881	Autism Hampshire offers a range of professional services that have been developed to meet the needs of individuals, families and professional bodies
DEMENTIA UK	<a href="http://www.dementiauk.org">www.dementiauk.org</a>	<a href="mailto:helpline@dementiauk.org">helpline@dementiauk.org</a>	0800 888 6678 (The Helpline is open seven days a week, 9am-9pm Monday to Friday, and 9am-5pm on weekends.)	Please remember that you never have to struggle on alone. If you have any concerns about caring for someone with dementia through the coronavirus (COVID-19) pandemic, please call the dementia specialist Admiral Nurses on our Helpline.

<b>DIABETES UK</b>	<a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>	<a href="mailto:info@diabetes.org.uk">info@diabetes.org.uk</a>	tel 03451232399	<p>Coronaviruses can cause more severe symptoms and complications in people with diabetes, as well as in older people, and those with other long term conditions such as cancer or chronic lung disease.</p> <p>It is important that people with diabetes follow the sick day rules should they become ill from any illness.</p> <p>If your blood sugar is persistently high or low, or if you have symptoms of a hyper contact your GP practice or Diabetes team by phone who will help you if you have any queries or if you are unsure about what to do regarding your diabetes.. You might be feeling worried and anxious about coronavirus and how it might affect you or your family and friends. We know this could be a stressful time, so you may need support with how you're feeling. We have some useful information to help you cope with stress and other emotions, or you might like to call our helpline or use our online forum to talk to others.</p>
<b>DOWNS SYNDROME ASSOCIATION</b>	<a href="http://www.downs-syndrome.org.uk">www.downs-syndrome.org.uk</a>	<a href="mailto:info@downs-syndrome.org.uk">info@downs-syndrome.org.uk</a>	0333 1212 300 (Monday to Friday 10:00am – 4:00pm)	<p>There is no evidence at the moment of people who have Down syndrome being at particular risk of this coronavirus , though of course people who have Down syndrome may be more at risk from infections generally and respiratory infections in particular. However there is evidence to suggest it may pose a greater risk to those with other chronic health conditions, including pre-existing respiratory conditions, heart disease, diabetes, and immunodeficiency. A number of children and adults who have Down syndrome will fall within these higher risk groups.</p>
<b>MACMILLAN CANCER SUPPORT</b>	<a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a> / Email : <a href="mailto:be.mac@macmillan.org.uk">be.mac@macmillan.org.uk</a>		Telephone : 08088080000	<p>If you have cancer, you might be worried about how coronavirus affects you. The most important thing is to follow the advice of your healthcare team. It's understandable that people with cancer may be feeling more anxious. Macmillan are here if you need emotional help.</p>
<b>MS SOCIETY</b>	<a href="http://www.mssociety.org.uk">www.mssociety.org.uk</a>	<a href="mailto:altonpetersfield@mssociety.org">altonpetersfield@mssociety.org</a>	0808 800 8000 / Local branch 01420 472556	<p>Having MS in itself doesn't increase your risk of getting COVID-19. But many people with MS will have some increased risk due to the progression of their MS, or the effects of their disease modifying therapies. Our MS Society medical advisors are closely following what's happening with MS treatments and COVID-19 coronavirus. Their website offers advice from the NHS and guidelines from the Association of British Neurologists. Things are changing fast and .they're keeping the website under continual review as our knowledge of the virus improves over time. That means it's important you check the page regularly for updates.</p>
<b>NARCOTICS ANONYMOUS</b>	<a href="http://www.ukna.org">www.ukna.org</a>	<a href="mailto:hampshireasc@ukna.org">hampshireasc@ukna.org</a>	tel: 03009991212	<p>For members who cannot attend a meeting in person or newcomers who aren't yet ready for that, we have virtual (voice only) meetings online. No registration required &amp; totally anonymous. Online meetings everyday at 7.30pm at <a href="http://www.gotomeet.me/ukna">www.gotomeet.me/ukna</a>. There is a smartphone app too: search for <b>gotomeeting</b></p>
<b>Red Cross</b>	<a href="http://www.redcross.org.uk">www.redcross.org.uk</a>		0344 871 11 11	<p>The British Red Cross is always on standby to help with UK emergencies and the coronavirus, also called Covid-19, is no exception. As one of the UK's leading emergency response organisations, they are part of the resilience plan of every local authority in the country.</p>

<b>PARKINSONS UK</b>	<a href="http://www.parkinsons.org.uk">www.parkinsons.org.uk</a>			We're here for you. Whether you need advice on coronavirus, or on staying connected during this challenging time, we're here to support you. There is no increased risk of catching coronavirus, there is a greater risk of severe illness if you get coronavirus. We understand this is an anxious time for people with Parkinson's and also people living with them. Following government and NHS advice, you should continue with sensible precautions such as good hand hygiene and social distancing. It's encouraged for everyone, especially if you're living with someone with Parkinson's.
<b>Stroke Association</b>	<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>	<a href="mailto:altonstrokegroup@stroke.org.uk">Alton Stroke Group - altonstrokegroup@stroke.org.uk</a>	0303 3033 100.	Having a stroke does not in itself put you at greater risk. But many people who have a stroke belong to an at-risk group. To find out more about what you should do, visit the government's online information about social distancing. If you have had a stroke, or you're a carer, you can follow our updates about coronavirus (COVID-19) on this website. If you're in touch with a Stroke Association Coordinator, or being cared for by a community stroke team, contact them for information. You can find information and practical advice about life and wellbeing after stroke on our website. Our online self-management tool, My Stroke Guide, lets you speak to other people online. And if you want someone to talk to, call our Helpline on 0303 3033 100.
<b>Survivors of Bereavement by Suicide</b>	<a href="http://www.uksobs.org">www.uksobs.org</a>	<a href="mailto:email.support@uksobs.org">email.support@uksobs.org</a>	0300 111 5065 (9am to 9pm Monday - Friday)	Currently all support groups have been cancelled due to Coronavirus outbreak, if you need support please call the helpline or use the email support service for people who prefer to share their experiences and feelings through writing rather than talking. Or connect online using our community forum that offers peer-to-peer support for survivors of bereavement by suicide.
<b>Versus Arthritis</b>	<a href="http://www.versusarthritis.org">www.versusarthritis.org</a>	<a href="mailto:enquiries@arthritisresearchuk.org">enquiries@arthritisresearchuk.org</a>	0300 790 0400	Working closely with the NHS, British Society of Rheumatology, British Orthopaedic Association, the Chartered Society of Physiotherapists and other arthritis organisations to ensure people with arthritis have the latest COVID-19 updates specific to arthritis. General information about COVID-19, including advice on how to self isolate can be found on the gov.uk website.