**Mental Health Services – Covid 19**

**Healthy Minds**

The service is operational, working remotely and taking mental health care direct to into residents living rooms throughout the pandemic to support them in managing worry, social isolation and improving their wellbeing.

To help they have created a series of videos via YouTube, Twitter, Facebook and Instagram and hosted on the recently refreshed Healthy Minds website.

Visit: [www.oxfordhealth.nhs.uk/healthyminds](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.oxfordhealth.nhs.uk%2Fhealthyminds&data=02%7C01%7CCharlotte.Lundie-Sadd%40buckinghamshire.gov.uk%7C76b6718ccb0f4268a38f08d7dc89c392%7C7fb976b99e2848e180861ddabecf82a0%7C0%7C0%7C637220356553060726&sdata=64tw90tt4qExFlB98hVeNeUnqd9XHgB8Rvc%2FH5fUGUQ%3D&reserved=0)

**Safe Haven**

7 day out of Hours crisis care currently offering listening support, signposting and safety planning. Anyone in need of support will be offered a 30 minute 1:1 conversation. From 6.30pm until 12 midnight. Referral lines opens 6pm. Last referral 11pm. Callers may be allocated a time slot and called back.

Sunday, Monday, Tuesday & Wednesday call 01296 453017. Thursday, Friday and Saturday call 01494 218098.

**24/7 Mental Health Helpline**

From 1pm Wednesday 8/4/20 a new telephone helpline to replace 111 for mental health advice in Buckinghamshire.

It will operate during the coronavirus pandemic 24 hours a day, seven days a week and temporarily replaces 111 for people who need mental health care and their situation it is not life threatening. Residents of all ages can call when they need advice about how to manage their symptoms, to find out when and where to get help and to access support from mental health professionals.

Adults: 01865 904997.

Children and young people: 01865 904998.

**Urgent Care Mental Health Centre**

From Monday 6/4/20 a ‘Mental Health A&E’ covering 24/7 started at Peachtree House at the Whiteleaf Centre. This is  for residents that are deemed physically fit but need urgent intervention regarding their Mental Health. This is not a walk-in service but can take referrals from any professional and directly from A&E and divert from A&E via SCAS & Street Triage. Residents can access this service directly via the new 24/7 phone line.