

# Roads to Wellbeing: Home edition

## Connect

### Video Calling

There are lots of different options available when it comes to video calling to keep in contact with relatives. Try [Whatsapp](#), [Skype](#) or [Google hangouts](#)

01

### Why not try

Age UK have some great guides for how to use video calling for beginners. Click [Here](#)



### Emotional Support

Lots of people will feel isolated during this time. You are not alone. There are professionals who are available to provide you with support over the phone

02

### Why not try

Talk to the [Samaritans](#) Call 116 123  
[Rethink mental illness](#) 10-2 0300 5000 927  
For more numbers click [here](#)

### Virtual Peer Support

At SASH we are working on ways to create virtual peer support sessions for you to get involved with.



03

### Why not try

Watch this space!!  
If you would like us to contact you once we have our virtual peer support offer in place please contact [Ella.Frost@SASHlondon.org](mailto:Ella.Frost@SASHlondon.org)

### Community Conversations

[Chelsea Theatre](#) will be hosting community conversations with local community champions Every Thursday at 11am

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### Why not try

Chelsea Theatre will also be hosting a free Quiz every Friday 1pm-2pm. Click [Here](#)



### Family Support Service

LBHF have launched a virtual support centre where you can get advice from the time to connect team and access interactive face book live sessions

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### Why not try

Young mums support network every Wednesday 10:30am - click [here](#)  
Or the time to connect helpline open everyday click [here](#) for more information

Click [here](#) to go to the website