**List of useful websites to support people during Coronavirus pandemic - March 2020**

**Volunteering** - For offers of volunteering to support services and the vulnerable contact West Sussex County Council: Volunteering@westsussex.gov.uk

NHS: <https://www.goodsamapp.org/NHSvolunteerresponders>

**National Advice** with regard to the Pandemic: [www.nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

**Arun District Council** and its Services visit: [www.arun.gov.uk/coronavirus](https://www.arun.gov.uk/coronavirus)

**West Sussex County Council** and its Services visit: [www.westsussex.gov.uk/campaigns/coronavirus-covid-19/#1](https://www.westsussex.gov.uk/campaigns/coronavirus-covid-19/#1)

Age UK West Sussex 01903 731800 or email: information@ageukwestsussex.org.uk

[**Arun & Chichester Citizens Advice**](http://www.arunchichestercab.org.uk/)are ceasing their face to face work but are still available to support residents via telephone, email and post.

Website: [www.arunchichestercab.org.uk](http://www.arunchichestercab.org./)

Adviceline Number: 0344 477 1171
Adviceline (Mobile Phones Only): 0300 3300 650

https://www.pathfinderwestsussex.org.uk/

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

<https://www.gov.uk/guidance/government-advice-on-home-moving-during-the-coronavirus-covid-19-outbreak>

<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus/>

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

https://www.bacp.co.uk/about-us/home/

<https://www.westsussex.gov.uk/campaigns/coronavirus-covid-19/>

<https://www.arun.gov.uk/coronavirus/>

https://www.ipse.co.uk/

<https://www.fsb.org.uk/campaign/covid19.html>

<https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you>

<https://www.stepchange.org/debt-info/coronavirus-affecting-finances.aspx>

<https://www.acas.org.uk/coronavirus>

<https://www.unison.org.uk/coronavirus-rights-work/>

<https://www.citizensadvice.org.uk/work/coronavirus-if-your-employer-has-told-you-not-to-work/>

https://www.advicewestsussex.org.uk/coronavirus-support-in-west-sussex-from-citizens-advice/

<https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19>