

## Information for shielded patients – on where to get help

- Please go to the [Government Support](https://www.gov.uk/government/support) website (<https://www.gov.uk/coronavirus-extremely-vulnerable>) to register that you have got your letter and confirm if you need help at the moment.
- This government service provides access to food and medications, as well as help with social contact and basic needs, whilst at home if needed.
- Please **contact your local council** if you have an urgent need. Local councils are working with voluntary sector organisations and local communities to support residents in the response to COVID-19. You can find information about your local council here: <https://www.gov.uk/find-local-council>
- Your GP practice or other healthcare professional also can refer you for immediate help from an NHS Volunteer. NHS Volunteer Responders can help you with:
  - Check and chat – short term telephone support to say hello if you are feeling lonely and isolated
  - Community support – collecting shopping, medication or other essential supplies
  - Patient transport - transport to take patients home who are medically fit for discharge
- [Health at home](https://www.goodsamapp.org/NHSreferral) – is a webpage that gives them an overview of NHS services that are available, such as how to order repeat prescriptions online and get them delivered (<https://www.goodsamapp.org/NHSreferral>).
- Public Health England have provided some guidance on looking after mental health and wellbeing during the COVID-19 pandemic: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
- The government has provided advice on employment and financial support on their website: <https://www.gov.uk/coronavirus>