

Help through this #TogetherLeeds



Leeds Coronavirus Helpline

Local volunteers can help with shopping, collecting medicines, or even just a phone call.

0113 376 0330



Support payments for those self isolating

Residents on low incomes or certain benefits told by the NHS to self isolate may be entitled to £500 to replace lost income.

www.leeds.gov.uk/selfisolationsupport



West Yorkshire & Harrogate Grief and Loss Support Service

Offer practical advice and emotional support from trained specialists if you're experiencing grief.

0808 196 3833 (Freephone)



Help staying active at home

Active Leeds provides free online resources for all abilities, including workout videos, advice on getting started with exercise, and even live dance-along sessions for kids.

www.active.leeds.gov.uk



Impartial financial advice

Money Information Centre can help you find free and confidential help with bills, debts, benefits, emergency food, employment support and more.

www.leedsmic.org.uk



West Yorkshire Mental Health Helpline

24 hour helpline for adults registered with a GP in Leeds.

0800 183 0558 (Freephone)



www.leeds.gov.uk/coronavirus

