**Covid-19 – essential contact information**

**Health information**

Public Health Wales:

<https://phw.nhs.wales/>

Cardiff & Vale University Health Board

<http://www.cardiffandvaleuhb.wales.nhs.uk/home>

NHS Wales

The NHS online symptom checker is available at: <https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/?ScName=CoronaVirusCOVID19&SCTId=175>

Welsh Government

<https://gov.wales/coronavirus>

**Mental health and well-being**

Mind: Advice on mental health and Coronavirus

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

Mind in the Vale –

Samaritans: 116 123

BBC tips on looking after your mental health: <https://www.bbc.co.uk/news/health-51873799>

**Community support**

Vale Council:

<https://www.valeofglamorgan.gov.uk/en/our_council/press_and_communications/latest_news/2020/March/Coronavirus-Updates-2020.aspx>

Vale foodbank:

Please contact [info@vale.foodbank.org.uk](mailto:info@vale.foodbank.org.uk)  or visit <https://vale.foodbank.org.uk/>. You can also follow the Vale Foodbank on Twitter and Facebook.

Age Connects Cardiff and the Vale:

Community Support Line -

Local office phone number -

Domestic Violence:Live Fear Free -

Atal Y Fro –

**Advice services**

Citizens Advice

Contact Advicelink Cymru service on

Universal Credit:

For help to make a Universal Credit claim, contact our free national Help To Claim phone service on

Consumer Advice:

Contact the Citizens Advice Consumer Helpline on

To speak with an adviser in Welsh, call

Advisers are available 9am – 5pm, Monday – Friday

Online:

For online help, to include access to email and webchat services, please visit our website at [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

Citizens Advice Cymru: provide a wide range of advice about benefit rights and debt management etc.  <https://www.citizensadvice.org.uk/wales/benefits/>.

UK Government Universal Credit advice: [www.understandinguniversalcredit.gov.uk/coronavirus](http://www.understandinguniversalcredit.gov.uk/coronavirus)

Shelter Cymru

<https://sheltercymru.org.uk/news/>

**Travel advice**

Transport for Wales Coronavirus travel advice <https://tfwrail.wales/covid-19>

Foreign Office travel advice: <https://www.gov.uk/foreign-travel-advice>

Advice for people who have booked tickets to travel abroad: <https://www.abta.com/news/coronavirus-outbreak>

**Utilities**

Gas Leak -

Power Cut -

Dwr Cymru -

**Businesses and employment**

Business Wales:

[www.businesswales.gov.wales](http://www.businesswales.gov.wales)

HM Revenue and Customs (HMRC) has a dedicated helpline for businesses concerned about being able to pay tax due to COVID-19:

Acas provides workplace advice for employers and employees. It has a page on Coronavirus that is being updated daily <https://www.acas.org.uk/coronavirus> and provides a helpline:

Wales TUC – the Wales TUC are supporting their members as are individual unions  <https://www.tuc.org.uk/covid-19-coronavirus-wales>

**Volunteering**

Glamorgan Voluntary Services:

<https://www.gvs.wales/contact-us>

[enquiries@gvs.wales](mailto:enquiries@gvs.wales)

WCVA:

[https://wcva.cymru/#](https://wcva.cymru/)