

# PROTECT YOURSELF AND OTHERS



## Help and support around mental health.

The coronavirus isn't just a risk to our physical health. It also affects people's mental and emotional wellbeing. Are you not doing well yourself? Or are you worried about someone else? Reach out. There are web platforms and organisations providing help if you need it – whether it's with money problems, loneliness or simply because life is tough at the moment.

<p><b>FOR EVERYONE:</b> Any time you want to talk with someone anonymously (German, French and Italian): Tel. 143, or by email and chat <a href="http://www.143.ch">www.143.ch</a></p>	<p><b>FOR CHILDREN AND YOUNG PEOPLE:</b> Advice in the event of questions, problems and emergencies – 24/7 and free of charge (German, French and Italian): Tel. 147, also by email, chat and SMS <a href="http://www.147.ch">www.147.ch</a></p>	<p><b>FOR PARENTS AND TRUSTED CONTACTS:</b> Advice on childraising matters and in emergencies – 24/7 (German, French and Italian): Tel. 058 261 61 61, chat or email <a href="http://www.projuventute.ch/elternberatung">www.projuventute.ch/elternberatung</a></p>	<p><b>FOR OLDER PEOPLE:</b> Help with shopping, meal service, health tips and advice (German, French and Italian): Tel. 058 591 15 15 <a href="http://www.prosenectute.ch/corona">www.prosenectute.ch/corona</a></p>	<p><b>FOR EVERYONE:</b> Expert advice on mental health and illness – daily (German and Italian): Tel. 0848 800 858 <a href="http://www.promentesana.ch">www.promentesana.ch</a> &gt; Beratung</p>
<p><b>FOR EVERYONE:</b> Conversation tips and ideas for boosting mental health – with the emotions ABC and an app: <a href="http://www.how-are-you.ch">www.how-are-you.ch</a></p>	<p><b>FOR EVERYONE:</b> Information platform around mental health including tips (German, French and Italian): <a href="http://www.psy-gesundheit.ch">www.psy-gesundheit.ch</a></p>	<p><b>FOR MIGRANTS AND PEOPLE AFFECTED BY POVERTY:</b> Social and debt counselling: <a href="http://www.caritas.ch">www.caritas.ch</a> &gt; Find help in the coronavirus crisis</p>	<p><b>FOR PEOPLE WHO NEED HELP WITH THEIR DAY-TO-DAY LIVES:</b> Support and relief in everyday life (German, French and Italian): <a href="http://www.redcross.ch/coronavirus">www.redcross.ch/coronavirus</a></p>	<p><b>FOR EVERYONE:</b> Information platform on mental health around the coronavirus, with everyday tips and offerings (German): <a href="http://www.dureschnufe.ch">www.dureschnufe.ch</a></p>
<p><b>FOR EVERYONE:</b> Platform for self-organised neighbourhood assistance (German and French) <a href="http://www.hilf-jetzt.ch">www.hilf-jetzt.ch</a></p>	<p><b>FOR ADDICTION ISSUES:</b> Online advice for those affected and the people around them (German, French and Italian): <a href="http://www.safezone.ch">www.safezone.ch</a></p>	<p><b>FOR VICTIMS OF VIOLENCE OR ABUSE:</b> Free, confidential, anonymous advice and help: <a href="http://www.opferhilfe-schweiz.ch">www.opferhilfe-schweiz.ch</a></p>	<p><b>FOR PEOPLE WHO GET ANGRY AND LOSE CONTROL:</b> Specialist advice and help when the only solution that comes to mind is violence (German and French): <a href="http://www.fvgs.ch/Fachstellen.html">www.fvgs.ch/Fachstellen.html</a></p>	<p><b>FOR EVERYONE:</b> Police emergency number for all matters Tel. 117</p>

[www.foph-coronavirus.ch](http://www.foph-coronavirus.ch)



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