

# STAY WELL THIS Bank Holiday Weekend

## Feeling low or worried

It is natural to feel anxious during time of uncertainty. Every Mind Matters have compiled a list of simple things you can do to maintain your mental wellbeing and deal with anxiety about the coronavirus (COVID-19) outbreak - [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Other support available:

### Samaritans:

Call 116 123 free 24/7

**Shout** is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 'SHOUT' to 85258 and a Crisis Volunteer will chat to you using trained techniques via text.

Adults experiencing mental health crisis can call 111 at any time and select the option for mental health crisis (option 2)

For children and young people, free, safe and anonymous online counselling and can be accessed via Kooth – [kooth.com](http://kooth.com)

## Seeing a GP

GP practices will be closed on bank holiday Friday. If you urgently need to see a GP, go to [111.nhs.uk](http://111.nhs.uk) (for people aged 5 and over only). You can also call 111, but please only call if you can't get online as the service is very busy at the moment

GP and nurse appointments will also be available through Basildon and Brentwood's Extended Access Service. Appointments can be booked by calling your regular GP Practice or 111.

If you think you have symptoms of coronavirus, please go online to [111.nhs.uk/covid-19](http://111.nhs.uk/covid-19) or call 111 if you can't get online. **Do not visit your GP practice unless you are invited to do so.**

For more information on coronavirus, how to look after yourself and others and information on self-isolation and social distancing, please visit [nhs.uk/coronavirus](http://nhs.uk/coronavirus)

Many pharmacies will be closed on Bank Holiday Monday (25 May). Those pharmacies that are open may have different opening times to usual. Below are list of pharmacy open times on the day.

## Bank Holiday Monday - 25 May 2020

Location	Pharmacy	Address	Time
Basildon	Asda Pharmacy	Eastgate Shopping Centre, Basildon SS1AE	9am - 6pm
Basildon	Asda Pharmacy	Heron Retail Park, Miles Gray Road Basildon SS13 3HZ	9am - 6pm
Basildon	Boots	Town Square, Basildon SS141BA	10am - 4pm
Basildon	Boots	Mayflower Retail Park, Gardeners Link, Basildon SS14 3HZ	8am - 6pm (closed 1pm-2pm for lunch)
Basildon	Lloyds at Sainsbury's	East Mayne Superstore, Cricketers Retail Park, Cricketers Way, Basildon SS13 1SA	9am-5pm
Billericay	Boots	High Street, Billericay CM12 9BS	10am - 4pm
Brentwood	Boots	High Street, Brentwood CM14 4HR	11am - 5pm
Brentwood	Lloyds at Sainsbury's	William Hunter Way, Brentwood CM14 4WQ	9am-5pm
Wickford	Boots	Willowdale Centre, High Street, Wickford SS12 ORA	10am - 4pm



**CORONAVIRUS**  
**STAY ALERT TO STAY SAFE**

- Stay home as much as possible
- Limit contact with other people
- Keep washing hands regularly

**STAY ALERT CONTROL THE VIRUS SAVE LIVES**

**CORONAVIRUS**  
**STAY ALERT TO THE SYMPTOMS**

**HIGH TEMPERATURE OR NEW CONTINUOUS COUGH OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](http://nhs.uk/coronavirus)