

We all need support during this time. Here is a roundup of some resources that may be of interest. If you are struggling, please reach out if you can.

ALONE are here to help the elderly and can be reached via freephone: (0818) 222 024

MABS have launched a live feed to give people financial advice: [here](#).

AWARE have introduced a new Phone In Support & Self Care group for people experiencing anxiety, depression, bi-polar disorder and other mood related conditions. Please see [here](#). They are also offering additional Life Skills Online Programmes to support people and continue to offer their Freephone Support Line 1800 80 48 48 and supportmail@aware.ie.

NALA has compiled a list of words about Covid - 19 with plain English explanations [here](#).

ALZHEIMERS IRELAND have excellent resources for those of us caring for loved ones [here](#).