

# Signposting and advice



## Mental Wellbeing

The national charity Mind has created an [online hub](#) to provide advice on how to support your mental wellbeing during this period. It includes practical advice on coping with staying at home, tips for coping at work and updates on how the new coronavirus laws could affect your rights. It also contains advice for young people.

## Domestic violence support

If you or someone you know is experiencing domestic abuse, help is available. Accord runs a number of [domestic violence services](#).

There are also third party websites and organisations that can provide help and support:

[Government guidance - domestic abuse during the pandemic](#)

[Refuge.org.uk](http://Refuge.org.uk)

[National domestic violence helpline](#) Call 0808 2000 247. For Help Text 'NCDV' to 60777

[Disrespect Nobody](#)

[Galop](#) (for lesbian, gay, bisexual and transgender people). Call 0800 999 5428

Men's Advice LineÂ CallÂ 0808 801 0327

Paladin (National Stalking Advocacy Service), call 020 3866 4107

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## Financial support

Once you've logged in, yourÂ [Customer Account page](#)Â has lots of information about how to handle your finances well, including tips on budgeting, banking and benefits. Visit ourÂ [Useful Links](#)Â page for a list of websites that can help you with debt, budgeting and financial advice. You can also speak to Accord's own money advisors for free, confidential advice and assistance.Â [Call or email us](#)Â for details.

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*Please note that Accord Housing Association is not responsible for the content of external sites and users take advice at their own risk.*

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