



Information from Dudley LA : Support available to Self-Isolate

Staying at home (self-isolating) can be difficult, but it's important to stop coronavirus (COVID-19) spreading to other people. Help and support is available while you're at home.

Local Support

To find out more about local Support you can call our Contact Tracing Welfare team and request a call back on 01384 818886 Monday to Friday 9am to 5pm

Or you can call the COVID 19 Support Line on 0300 3302 152 (Mon-Fri 9.30am-12.30pm) for access to emergency essential food supplies, welfare and benefits advice and support with your wellbeing

Help with everyday tasks from an NHS volunteer

NHS Volunteer Responders can help with things like: collecting shopping; collecting medicines and prescriptions; phone calls if you want to chat to someone Call 0808 196 3646 (8am to 8pm, everyday) to arrange help from a volunteer.

<https://nhsvolunteerresponders.org.uk>

Financial support if you cannot work

Tell your employer if you cannot work while you're self-isolating. They should tell you if you're covered by their sick leave or special leave policy. If you cannot get sick pay from your employer, you might be able to get Statutory Sick Pay or another type of financial support.

If you're on a low income and you're asked to self-isolate by NHS Test and Trace, you may be able to get a £500 Test and Trace Support Payment. For more information or to apply for the isolation payment visit the below link.

<https://www.dudley.gov.uk/council-community/emergencies/coronavirus-advice/covid-test-andtrace-isolation-payment/>

Or email LWA@dudley.gov.uk or call 0300 555 2345.

You can also apply for an Emergency Assistance grant for up to £300 if you are in financial hardship as a result of the Coronavirus pandemic. <https://www.dudley.gov.uk/council-community/emergencies/coronavirus-advice/covid-19-emergency-assistance-grant/>

Or email LWA@dudley.gov.uk or call 0300 555 2345.

If you are having trouble paying rent or have concerns about meeting future payments call Dudley's Income Team on 0300 555 0010 for help, advice and support.





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For links to National guidance on accessing financial support:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/help-andfinancial-support-while-youre-self-isolating/>

Get an isolation note to give to your employer

You can get an isolation note to send to your employer as proof you need to be off work.

You do not need to get a note from a GP. Get an isolation note <https://111.nhs.uk/isolation-note/>

Mental Health support

For details on where to go for mental health support, go <https://lets-get.com/healthy-lifestyles/mental-wellbeing/time-to-talk-day/>-get.com/time-to-talk-day

For urgent support, contact the Black Country Healthcare NHS Foundation 24/7 mental health support helpline on 0345 646 0827.



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