

Important weblinks / Coronavirus or Covid-19 related information resources for next few weeks, if needed:

Update on GOV.UK. [COVID-19: guidance for households with possible coronavirus infection](#)

The NHS and Public Health England have lots of advice about what to do if you are worried that you or a family member or friend have caught it. You can see that on the [NHS coronavirus web page](#).

[COVID-19 section of Haringey Council website](#)

Travel

UK government Foreign travel advice www.gov.uk/foreign-travel-advice

World Health Organisation advice www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

Benefits and self-employment

Universal Credit www.gov.uk/universal-credit

Employment and Support Allowance for people with a disability or health condition that affects how much they can work (including those who are self-employed) www.gov.uk/employment-support-allowance/eligibility

Rachel Dobbs' Self Care Checklist for Precarious Workers rachel.we-are-low-profile.com/blog/self-care-checklist-precarious-workers/

Financial support for artists (immediate and future)

Artist support pledge instigated by Matthew Burrows on

Instagram www.instagram.com/matthewburrowsstudio/ Artists pledge to sell work for no more than £200 and when they reach £1,000 in sales they pledge to buy another artists work for £200 www.instagram.com/explore/tags/artistsupportpledge/

Campaign

Petition to include self-employed in statutory sick pay during Coronavirus petition.parliament.uk/petitions/300336

Artists and mental health: experiences and strategies www.a-n.co.uk/resource/artists-mental-health-experiences-strategies/

Check your local (post code based) information www.nextdoor.co.uk

LGBTQI+ or Queer specific support/ helpline:

Switchboard – the LGBT+ helpline – a place for calm words when you need them most. <https://switchboard.lgbt/>

Dedicated phonenumber: [0300 330 0630](tel:03003300630) - Open 10:00-22:00 every day.

QueerCare UK support network twitter: @queercarenet

If you wish to contact QueerCare, please use following methods: related to COVID-19 pandemic to covid@queercare.network / or all else to hi@queercare.network

People living with HIV, know someone who is, or think you might have put yourself at risk of getting HIV - Call **THT Direct** on [0808 802 1221](tel:08088021221) for support, advice and information.

Galop, the LGBT+ anti-violence charity –

<https://www.galop.org.uk/tag/helpline/>

London LGBT+ Advice Line [020 7704 2040](tel:02077042040)

Monday to Friday 10:00am - 12:30pm, 1:30pm - 4:00pm

Check out our twitter: @wiseThoughts

If you're a queer artist, check twitter of @hatezine :

<https://www.hatezine.co.uk/>