

EMOTIONAL SUPPORT HELPLINE

DURING COVID-19 & ISOLATION

Worried?

Upset?

Anxious?

Want to
talk to
someone?

HELPLINE : 01483 901493

**Local volunteers working together
Listening & Signposting**

Up to 30 minute calls to a local number

Other useful phone numbers :

<p>Urgent help now? Call 999 for Emergencies Call 111 for Health Advice</p>	<p>Need The Samaritans? Call 116123 or Email: jo@samaritans.org</p>	<p>Needing Supplies or someone to chat to? Call Cranleigh Street Champions 01483 272311</p>
<p>Unable to get out or struggling to cook a hot meal? Rowley's runs a Community Meal Service, both hot & frozen Call us: 01483 277155 or info@rowleyscranleigh.co.uk</p>		<p>Concerns about work, financial, housing, relationships or other issues? Citizens Advice Bureau (CAB) : 03448 487 969 or email https://waverleycab.org.uk</p>
<p>Do you need a little help from the Food Bank? Food Parcels are available and deliveries can be arranged Email: Cranleighfoodbank@gmail.com</p>		<p>Domestic Abuse Helpline 24 Hour Surrey Domestic Abuse Helpline: 01483 776822</p>

