

I NEED SOMEONE TO TALK TO

During this period of social distancing and self-isolation it is important to stay connected to others as much as you can, below is a list of organisations offering support..

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Organisation name	Contact details	
Adult Health & Wellbeing		
Brigitte Trust Provide support those people facing life-threatening illness and at present will accept calls from anyone struggling emotionally at this time or who is vulnerable or isolated.	01306 881816 Sarah Pattenden 07469 932192 www.brigitte-trust.org	admin@brigitte-trust.com sarah.pattenden@brigitte-trust.com
Cruse Bereavement Care Offer one to one bereavement support to adults, children and young people who have been affected by the death of someone close to them, from a team of trained Bereavement Volunteers	0800 808 1677 www.cruse.org.uk	The service is free, confidential and available to anyone whatever their culture, race, religious persuasion or sexual orientation.
Mencap UK charity supporting people with a learning disability and their families	020 7454 0454 www.mencap.org.uk	
Relate UK Live Chat, telephone and webcam counselling services and advice and tips for keeping relationships healthy during self-isolation and social distancing	https://www.relate.org.uk	Following the government's latest advice on COVID-19, most face-to-face services are temporarily closed
Samaritans East Surrey Provide 24 hours/ day confidential service offering emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide	116 123 / 0330 094 5717 www.samaritans.org/branches/east-surrey	

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<p>Shout' Crisis text line Provides free, confidential support, 24/7 via text If you're experiencing a personal crisis, are unable to cope and need support</p>	<p>text SHOUT to 85258</p>	
<p>Surrey Domestic Abuse Partnership Independent charities working together across Surrey for anyone affected by domestic abuse – free, confidential advice service</p>	<p>01483 776822 9am to 9pm 7 days a week https://sdapartnership.org/</p>	<p>National DA Helpline on Freephone 0808 2000 247</p>
<p>Surrey Mental Health Crisis Helpline Mental health crisis helpline for people in emotional distress or experiencing suicidal thoughts and in need of support</p>	<p>0800 915 4644 / SMS 07717 9890 https://www.sabp.nhs.uk/</p>	
<p>Tandridge Befriending Scheme Volunteer befrienders provide ongoing friendship to those who are lonely or socially isolated.</p>	<p>Befriending Scheme Co-ordinator: Lucy Darlow 07796 307286 befriending@tva.org.uk</p>	<p>During this time of social distancing and lockdown, the scheme is developing friendships through befriending by phone.</p>
<p>The Cinnamon Trust National Charity supporting the elderly and the terminally ill pet owners</p>	<p>01736 757 900 https://cinnamon.org.uk</p>	
<p>Wellbeing prescription Telephone support service for all East Surrey residents (18+) which supports your emotional and physical wellbeing.</p>	<p>Complete a contact us form on the Wellbeing Prescription website or call 01883 732787.</p>	<p>Telephone support can include discussions surrounding how to remain active, goal and routine setting, loneliness, financial concerns, healthy eating and cooking, as well as how to look after your mental health. Wellbeing Prescription are also available just for a regular chat.</p>

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Your Sanctuary Provides support for anyone affected by domestic abuse	01483 776822 (Open 9am – 9pm – 7 days)	online chat is also available during these time
Advice Services (Debt, money)		
Citizens Advice Provides free, confidential information and advice to assist people with money, legal, consumer and other problems	Adviceline: 03444 111 444 Text relay: 03444 111 445 www.citizensadvice.org.uk	
Money Advice Service Provides free and impartial money advice	0800 138 7777 Typetalk: 18001 0800 915 4622 www.moneyadviceservice.org.u	enquiries@maps.org.uk .
Carer Support		
Action for Carers Provides emotional support and practical advice over the phone only.	0303 040 1234. Continue to offer an enhanced telephone support service where carers can leave a message on the phone line and an adviser will get back to them	Are taking on new clients. Continuing usual support, like benefits information, help with form filling and signposting over the phone through booked telephone appointments with advisors.
Carer's Trust website – online forums for carers and advice and guidance pages		
Carers UK Provides support for Carers; online forums	020 7378 4999 www.carersuk.org	

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<p>Crossroads Care East Surrey Provider of respite breaks for Carers and the people for whom they care in Surrey</p>	<p>07873 387 456 Care Coordinators are available to take calls between 9am – 5pm Monday to Friday. Calls left after 5pm will be returned the following day crossroadscare Surrey.org.uk</p>	<p>Emergency contact number: 07914 186162 (Please use this number during the weekday after 5pm or on the weekend if emergency assistance is needed)</p>
<p>National Dementia Helpline provided by the Alzheimer's Society</p>	<p>0300 222 11 22</p>	<p>There are also many fact sheets on their website</p>
<p>Children & Young People</p>		
<p>Childline Counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC. Dealing with any issues which cause distress or concern</p>	<p>0800 1111 www.childline.org.uk</p>	
<p>Nacoa UK Provides support to everyone affected by parents drinking</p>	<p>0800 358 3456 – (Open 2pm – 7pm – Monday – Saturday</p>	
<p>Drugs & Alcohol</p>		
<p>Alcoholics Anonymous A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism</p>	<p>0800 9177 650 www.alcoholics-anonymous.org.uk</p>	<p>help@aamail.org</p>

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All Fellowships Free online addiction recovery tool that offers online meetings for those recovering from alcohol, drug addiction, and other addictions	www.intherooms.com/home/	Online Support Meetings
Cocaine Anonymous	www.ca-online.org/	Online Support Meetings
Narcotics Anonymous Virtual meetings online	online.ukna.org	Online Support Meetings No registration required & totally anonymous
SMART Recovery Provides assistance to individuals seeking abstinence from addiction	smartrecovery.org.uk/online-meetings/	Online Support Meetings
Surrey Drug & Alcohol care Confidential, non-judgemental support for alcohol, drugs, mental health & wellbeing	0808 802 5000 free phone for landline & mobiles sdac-helpline.co.uk	SMS 07537 432411 for deaf and hard of hearing
Faith		
Anglican Churches in Tandridge	https://southwark.anglican.org/find-a-church/tandridge/ 25 Parishes	Rev Michelle Edmonds - Tandridge Deanery 01883 623011 / 07799 713957 revmichelle@btinternet.com

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Caterham & District churches together network	Brings together various Christian denominations across Chaldon, Caterham Hill, Caterham Valley, Woldingham and Whyteleafe	Rev. Helen Burnett. 01883 330057 / 07779 044561
Surrey churches together network	Coordinated via the Guildford Diocese www.cofeguildford.org.uk/about/explore/churches-together	
Surrey Faith Links Interfaith UK network	0207 730 0410	ifnet@interfaith.org.uk
The Salvation Army Protestant Christian church and charitable organisation providing support to the poor, destitute, and hungry by meeting both their physical and spiritual needs	020 7332 0101 www.salvationarmy.org.uk	info@salvationarmy.org.uk
Older People		
Age Concern Oxted Limpsfield and District	www.tandridgelottery.co.uk/support/age-concern-oxted-limpsfield-and-district	

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<p>AGE UK Surrey Emergency shopping support service</p> <p>Help at home service</p> <p>Telephone befriending support</p>	<p>01483 503414</p> <p>Offices are now closed and will ask all callers to leave a message which the team will pick up.</p> <p>www.ageuk.org.uk/surrey</p> <p>enquiries@ageuksurrey.org.uk</p>	<p>Emergency shopping support service available for new clients and for clients that have no FFC to support them. Emergency shopping support for new clients is through volunteers being matched to those asking for ad hoc help with their shopping</p> <p>The Help at Home Service will charge the hourly rate to their existing clients for their Home Help needs but waive the monthly fee (for the next month).</p> <p>Telephone befriending support for clients The Age UK Surrey Help at Home service continues to support clients wherever possible.</p>
<p>The Silver Line UK Free confidential helpline providing information, friendship and advice to older people</p>	<p>0800 470 8090</p> <p>www.thesilverline.org.uk</p>	<p>Open 24 hours a day, every day of the year.</p>