CORONA VIRUS

SUPPORT SERVICES

WHERE TO GET HELP DURING THE COVID-19 PANDEMIC

Helplines are now available to provide information and advice, as well as practical support to frail or vulnerable residents who need urgent assistance with essential food or household supplies, collection of medication, or who are at risk of loneliness:

- Hampshire Helpline **0333 370 4000**
- Portsmouth **023 9268 8004**
- Southampton **023 8083 4800**
- Isle of Wight **01983 823 600**

If you're concerned for someone who is at risk because of underlying health issues or they're elderly you can register them, or get them to register, on the government's Covid-19 support service **www.gov.uk/coronavirus-extremely-vulnerable** or call **0800 028 8327**, to get help delivering essential supplies and any additional care they might need.

The community response during the coronavirus (COVID-19) situation has been amazing, with hundreds of individuals, groups and organisations coming forward on the ground, and through social media, to offer support. It's great to see the community coming together to help each other but as there is no way to validate some of these groups please exercise caution in sharing personal details with unknown people.

Helplines:

- Mind Charity **0300 123 3393** Text: 86463 Email: info@mind.org.uk
- Samaritans **116 123** Email: jo@samaritans.org
- The Silver Line (advice and friendship for the elderly) **0800 470 80 90** www.thesilverline.org.uk
- Age UK (telephone friendship service for over 60s) **0800 678 1602** www.ageuk.org.uk
- Hampshire Domestic Abuse Service **03300 165112**
- National Domestic Abuse Helpline **0808 2000 247**
- Childline **0800 1111**
- Respect Phoneline **0808 8024040**

www.hampshire.police.uk
Deaf? Non-emergency text
07781 480999
For crime and community information
www.hampshirealert.co.uk

Visit Neighbourhood Watch
at **www.hinwa-nw.org.uk**

HAMPSHIRE CONSTABULARY
101
IN AN EMERGENCY ALWAYS CALL 999

HAMPSHIRE CONSTABULARY