

HAVANT AND WATERLOOVILLE PRIMARY CARE NETWORK UPDATED PATIENT SUPPORT INFORMATION

If you are in need of support, feel vulnerable and have no family, friends or local community to help you, please contact:

Hantshelp4vulnerable - can be contacted on 0333 370 4000

This new helpline is now available through Hampshire County Council to provide information and advice, as well as practical support to frail or vulnerable Hampshire residents.

The helpline is available seven days a week, from 9am to 5pm and is for vulnerable people who do not have support from families, friends or their local community, and who need urgent assistance with practical issues – you can find all the details also via www.hants.gov.uk

GENERAL SUPPORT

If you need help in the community during this time and are able to email for support, please contact **Community First** for help with accessing support for shopping; medication drop-offs; any general support at this time support@cfirst.org.uk

If you are receiving help, you should follow the Government's social distancing and hygiene guidance. Be cautious and curious and ask volunteers for proof of ID.

ISOLATION

If you need someone to talk to at this time and feel alone please call **The Silver Line (over 55's)** Telephone befriending service **0800 470 8090** (Available 24hrs a day, 365 days a year) <https://www.thesilverline.org.uk/>

AgeUK - advice for practical information and advice call **0800 169 65 65**

CANCER SUPPORT

Macmillan Cancer Support Helpline – 7 days a week 8am-8pm **0808 808 00 00**

CARERS SUPPORT

AndoverMIND CARERS SUPPORT SERVICE - self-referrals accepted call **01264 332297**

PRINCESS ROYAL TRUST FOR CARERS call **01264 835 246 / 835 205**
<https://carercentre.com>

DEMENTIA SUPPORT

AndoverMIND DEMENTIA SUPPORT SERVICE - self-referrals accepted call **01264 332297**

MENTAL HEALTH SUPPORT

Every Mind Matters <https://www.nhs.uk/conditions/coronavirus-covid-19>

Unmind www.unmind.com

Headspace www.headspace.com

MIND www.mind.org.uk/information-support/coronavirus-and-your-wellbeing call **0300 123 3393**

CALM for men aged 15 – 35 call 5pm to midnight 365 days a year **0800 58 58 58**

SHOUT Mental Health Crisis Line Texting service **Text 85258**

SAMARITANS (Listening Service) Free from any **phone 116 123** (24/7)

YOUNG MINDS <https://youngminds.org.uk>

THE BIG WHITE WALL 24/7 mental wellbeing support <https://www.bigwhitewall.com>

NHS Wellbeing <https://www.nhs.uk/conditions/stress-anxietydepression/improve-mental-wellbeing>

Anxiety UK **03444 775 774** www.anxietyuk.org.uk

OCD Action **0333 212 7890** www.ocduk.org

SANELine **0300 304 7000** (daily, 4.30pm to 10.30pm) www.sane.org.uk/support

OTHER SUPPORT

The Gingerbread Single Parent Helpline **0808 802 0925**

The Bridge Advice Centre (Hayling Island) 24hr telephone message line **07876 776668**
Free Debt/benefit/financial Advice

Citizens Advice Bureau Hampshire Advice Line **03444 111 306**

National Domestic Abuse Advice Line (for females 0800 970 2070) (for males 0808 801 0327)

Victim Support **01256 326406**

Alcoholics Anonymous www.alcoholics-anonymous.org.uk **0800 917 7650**

National Gambling Helpline www.begambleaware.org **0808 8020 133** (8am to midnight)

Cruse Bereavement Care www.cruse.org.uk **0808 808 1677** (9 – 5 mon-fri)

Mencap www.mencap.org.uk **0808 808 1111** (9 – 5 mon-fri)

Family Lives www.familylives.org.uk **0808 800 2222**

Relate www.relate.org.uk