

To help our staff, clients and people within the community, we have pulled together some useful resources to help people during this time. Please note that all this information was accurate at the time of publication, but may be subject to change so please do check websites for the most up to date details. All the blue links in the document link to the websites / resources.

Useful Helplines



Local Helplines

- **Surrey Mental Health Crisis Helpline** – 0800 915 4644 – (24/7)
- **Surrey County Council Coronavirus Helpline** – (non medical advice and community support) 0300 200 1008 (Open Mon – Fri – 8am – 6pm, Sat & Sun - 10am - 2pm, Bank holiday Monday: 10am to 4pm)
- **Guildford Borough Council Coronavirus Helpline** (non-medical community support i.e. food & medicine deliveries / advice) - 01483 444 400 (Mon - Fri - 8:30pm - 7pm, Sat, Sun & Bank Holidays 10am - 2pm)
- **Surrey Drug & Alcohol Care** – 0800 802 5000 (24/7)
- **Your Sanctuary** – for anyone affected by domestic abuse - Woking, Runnymede & Surrey Heath – 01483 776822 (Open 9am – 9pm – 7 days) – online chat is also available during these times.
- **ESDAS** (East Surrey Domestic Abuse Service - Reigate & Banstead, Mole Valley and Tandridge) - 01737 771350 (9am - 4pm)
- **Catch 22** (Drug & Alcohol support for 13-25 yr olds - emergency referral and crisis helpline) 0800 622 6662 (24/7)
- **RASASC helpline is currently closed - see their website for alternative support**
- **Vineline** - Support, advice, food parcels - based in Aldershot - 01252 400196
- **Outline** - advice, guidance if you have questions around sexuality - 01483 727667 - Sun, Tues & Thurs 7:30pm -10pm
- **Surrey Suicide Bereavement Service (SSBS)** - 01737 886551 - Email: info@ssbs.org.uk

National Helplines

- **Samaritans** – 116 123 – (24/7)
- **Shout' crisis text line** – text SHOUT to 85258 – (24/7)
- **SANeline** – 0300 304 7000 (Open 4.30pm–10.30pm everyday)
- **Nacoa UK** – Helping everyone affected by parents drinking – 0800 358 3456 – (Open 2pm – 7pm – Mon – Sat)
- **Campaign Against Living Miserably (CALM) – for men** - 0800 58 58 58 – 5pm to midnight every day
- **Papyrus (Hopeline UK)** – for people under 35- 0800 068 41 41, Text 07860 039967 Email: pat@papyrus-uk.org – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm.
- **Refuge** (24 Hour Domestic Violence Helpline) – 0808 2000 247 (Open 24/7)
- **Childline** – for children and young people under 19 - 0800 1111
- **YoungMinds** - parents worried about their child - Parents Helpline – call 0808 802 5544
- **YoungMinds Crisis Messenger**, for free 24/7 - 85258
- **Rape Crisis – National Telephone Helpline** - 0808 802 9999 - Open between 12pm -2:30pm and 7pm-9:30pm everyday of the year
- **SurvivorsUK** – providing support for male survivors of sexual abuse - Online helpline - see website for opening times
- **Galop** - National LGBT+ Domestic Abuse Helpline - 0800 999 5428
- **Mens Advice Line** - Confidential helpline for male victims of domestic abuse - 0808 801 0327
- **SOBS** - Survivors bereaved by suicide - 0300 111 5065 - 9am-9pm Monday to Sunday

Local Contacts - Surrey

Below is a list of useful services and contact information - click on the blue links for further information on each service

Organisation Name	Areas Covered	Contact details
Mental Health & Wellbeing Services		
SaBP Mindful Service (age 16-25)	Surrey	Tel: 0300 222 5755 (CAMHS Single point of access)
Catalyst	Guildford, Waverley, Surrey Heath, Farnham, Woking, Spelthorne, Runnymede, Elmbridge (west)	Tel: 01483 590 150
Mary Frances Trust	Mole Valley, Epsom & Ewell, Banstead and East Elmbridge	Tel: 01372 375400
Richmond Fellowship	Reigate & Tandridge	Tel: 01737 771282
Woking Mind	Woking	Tel: 07860 340 739
Oakleaf	Guildford	Tel: 01483 303649
Canterbury Care	Guildford	Tel: 07927 913290
Creative Response	Farnham - Surrey	Closed until further notice
Womens Support Centre	Woking	Tel: 01483 726621
Surrey Coalition of disabled people	Surrey	Tel: 07563 997 932
Centre for Psychology	Surrey	Email: Surrey@centreforpsychology.co.uk
DHC Talking Therapies	Surrey	Tel: 01483 906 392 Email: lapt.dhc@nhs.net
Ieso Digital Health	Surrey	Tel: 0800 074 5560 Email: info@iesohealth.com
Mind Matters	Surrey	Tel: 0300 330 5450
Talking Therapies Surrey	Surrey	Tel: 0300 365 2000 Text SURREY to 07500 915 968
We are With You (formerly ThinkAction Surrey)	Surrey	Tel: 0300 012 0012 Email: Enquiries@wearewithyou.org.uk
SPA - Adult Crisis Support	Surrey	Tel: 0330 726 0333
TalkPlus	Hampshire	Tel: 01252 533355
Safe Havens	Surrey / Online	Out of hours support - visit website for more info
Drug & Alcohol Services		
i-access (18+)	Surrey	Tel: 0300 222 5932
Reach out Counselling (Catalyst)	Surrey	Tel: 01483 590 150
Catch 22 - (13 - 25 yr olds)	Surrey	Tel: 01372 832905
Royal Surrey - Alcohol Liaison Team	Guildford	Only available on a Wednesday and a Friday 8-4pm - send referrals to: rsc-tr.AlcoholLiaisonService@nhs.net

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Homeless Services		
Vaughan House	Guildford / Surrey	Tel: 01483 504704
York Road Project	Woking	Tel: 01483 728739
HOST	Guildford	Tel: 01483 302495
Number 5 HUB	Guildford	Tel: 01483 303646
Guildford Action	Guildford	Tel: 01483 560003
Waverley Hostels and nightshelters	Guildford	Referrals via GBC Housing Dept Tel: 01483 444244
ESOS (East Surrey Outreach Services)	Epsom & Ewell, Tandridge, Reigate & Banstead, and Mole Valley	Tel: 07436 273 614
LeatherHEAD start night shelter	Mole Valley	Tel: 01372 377790
The Hope Hub	Camberley - Surrey Heath	Tel: 01276 581174
Housing		
Spelthorne – Borough Council	Spelthorne	Tel: 01784 446380 Email: housingadvice@spelthorne.gov.uk
Transform Housing and Support	Surrey, Sutton, Berkshire, West Sussex	Tel: 01784 464242
Runnymede Borough Council	Runnymede	Tel: 01932 838383 Email: housingadvice@runnymede.gov.uk
Guildford Borough Council	Guildford	Tel: 01483 444244
Elmbridge Rentstart	Elmbridge	Tel: 01372 477167 Email: liz@elmbridgerentstart.org.uk
Domestic Abuse		
Your Sanctuary	Woking, Runnymede & Surrey Heath	Tel: 01483 776822
East Surrey Domestic Abuse Services	Reigate & Banstead, Mole Valley and Tandridge	Tel: 01737 771350 Email: support@esdas.org.uk
North Surrey Outreach Service	Epsom & Ewell, Elmbridge and Spelthorne	Tel: 01932 260690
South West Surrey Outreach Service	Guildford & Waverley	Email: nsdvoutreach.Walton@cabnet.org.uk Tel: 01483 577392

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Volunteering		
Voluntary Action South West Surrey	Guildford & Waverley	Tel: 01483 565456
Voluntary Support North Surrey	Runnymede, Spelthorne, Surrey Heath and Woking	Runnymede: 01932 838383 Spelthorne: 01784 446446 Surrey Heath: 01276 66798
Guildford Borough Council	Guildford & Waverley	Tel: 01483 505050 Tel: 01737 762 115
Voluntary Action Reigate and Banstead	Reigate & Banstead	Email: volunteer@varb.org.uk
Young Person's services		
CAMHS Community Team North East: Epsom	North East Surrey	Tel: 0300 222 5850
CAMHS Community Team North West: Ashford	North West Surrey	Tel: 01784 884 359
CAMHS Community Team North West: Chertsey	North West Surrey	Tel: 01932 587 066
CAMHS Community Team South East: Redhill and Tandridge	South East Surrey	Tel: 01737 288 700
CAMHS Community Team South West: Frimley	South West Surrey	Tel: 01276 454 000
CAMHS Community Team South West: Guildford	South West Surrey	Tel: 01483 443 777
CAMHS - Single Point of Access	Surrey	Tel: 0300 222 5755

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Support & Advice - useful links that may help you with advice and support during this time

Surrey County Council: <https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-communi-ty-safety/coronavirus>

Waverley Borough Council: www.waverley.gov.uk/coronavirus

Reigate & Banstead Borough Council: www.reigate-banstead.gov.uk/coronavirus

Job Centre – Employees, Claimants & Businesses: <https://www.gov.uk/government/news/coronavi-rus-sup-port-for-employees-benefit-claimants-and-businesses>

Surrey Citizens Advice Service: <https://www.swru.org/covid-19-updates/>

Vine Centre Food Deliveries - Aldershot - You can self-refer to receive a Care Package by emailing info@thevine-necen-tre.org.uk. If you are unable to email then call 01252 400196. For more info visit: <http://www.thevinecentre.org.uk/>

The Lighthouse - Woking - Support, food parcels, finances, mental health - <https://www.lighthousewoking.org/get-help.html#>

Woking Food Bank - Emergency Foodbank helpline, available between 10am - 12 30pm, Mon - Fri - **07309 115862**

Godalming Community Food Store - Located at the Wilfred Noyce Centre - Donations and collections welcome - to find out more: <https://godalming-tc.gov.uk/community-store/>

Womens Aid - Safety & Support Resources <https://www.womensaid.org.uk/covid-19-coronavirus-safety-and-sup-port-resources/>

End Lonliness Campaign - <https://www.gov.uk/government/news/government-launches-plan-to-tackle-lone-li-ness-during-coronavirus-lockdown>

Mental Health at Work - round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. <https://www.mentalhealthatwork.org.uk/ourfrontline/>

Young Persons Safe Haven - Surrey - A virtual service over the phone is available every week day from 4pm - 8.30pm and weekends from 12pm - 6pm for young people to talk and access support.

Young people can call: **07773 008435** during these times; the number will not be available outside of those times and may be subject to change. For the latest information, please visit: <https://www.cyphaven.net/>

Age UK - Providing support for the elderly - emergency food shopping, check in and chat service and much more - for more information, please visit: <https://www.ageuk.org.uk/surrey/>. Email: enquiries@ageuksurrey.org.uk, Tel: 01483 503414

Stoke Community Support Project - Accepting referrals for food parcels for Stoke Park, Guildford and appealing for donations - for more info visit: <https://foodwisetlc.charitycheckout.co.uk/cf/stoke-community-support-covid-19-ap-peal>

Healthy Surrey - Useful information about looking after your mental health - <https://www.healthysurrey.org.uk/mental-wellbeing/adults> or <https://www.healthysurrey.org.uk/mental-wellbeing/adults/release-the-pressure>

Stay Alive App - A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else. The app can be downloaded, for both android and apple devices.

Mind Matters - Advice and guidance on getting enough sleep - <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

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Healthy Surrey - Debt, Money and Mental Health <https://www.healthysurrey.org.uk/mental-wellbeing/adults/self-help/a-z-and-useful-links/debtmoney-and-mental-health>

Useful red card contacts - Healthy Surrey - https://www.healthysurrey.org.uk/_data/assets/pdf_file/0005/150665/FINAL-LATEST-Red-Card-Contacts_Support-Advice-and-Information-Services-feb19.pdf

Christians against poverty <https://capuk.org/>

Richmond Fellowship Employment Support <https://www.richmondfellowship.org.uk/employment-services/>

CAB Mental Health support <http://www.casurrey.org.uk/working-in-partnership/mental-health-service/>

Stop Loan Sharks - <http://www.stoploansharks.co.uk/suspected-loan-shark-arrested-surrey/>

Tech to Community Connect - Independent Mental Health Network Surrey - could loan you a device and give you the training and support you need to get started - To find out more: <https://surreycoalition.org.uk/tech-how-to-guides/#apps> Email: getconnected@surreycoalition.org.uk Tel: 01483 456 558. SMS text: 07563 997 932.



Online Support Meetings for help with Drug & Alcohol use

- **SMART Recovery** – <https://smartrecovery.org.uk/online-meetings/>
- **Alcoholics Anonymous** – www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Online
- **Narcotics Anonymous** – <https://online.ukna.org/>
- **Cocaine Anonymous** – <https://www.ca-online.org/>
- **All fellowships** – <https://www.intherooms.com/home/>



Exercise at Home

Keeping Fit

- **Joe Wicks Workouts - You Tube Channel**
- **Body Project - YouTube Channel**
- **Active Surrey at Home Workouts**
- **YMCA - East Surrey - YouTube Channel**
- **Parasport - Home Workouts**

Football at home

- **Infinity Football Skills**
- **Michael Lewis Cunningham**

Online Dance workshops

- **Flawless - You Tube channel**
- **Zumba Classes - all abilities**

Yoga & Meditation

- **Yoga with Adrienne**
- **Yoga with Kassandra**
- **Synergy Audio Yoga & Meditation - for visually impaired**
- **10 minutes of daily meditation with CALM**
- **The Honest Guys - Meditation - Relaxation**

Virtual Walks

Virtual Adventures from home - Gardens, parks and woodlands



Entertainment at Home

Theatre

[Live Theatre Productions from the West End](#)

[National Theatre - live productions on YouTube](#)

Museum Tours

[British Museum - Virtual Tour](#)

[12 Famous Museums - Virtual Tours](#)

[Museums, Zoos & Theme Parks - list of virtual tours](#)

Live Music

[Royal Albert Hall - Home Schedule](#)

[Metallica - Live Every Friday](#)

[Stagelt - Virtual Concerts](#)

Outdoor entertainment

[Escape to kew gardens virtual tour](#)



Education at Home

[Open University - Free online courses](#)

[Distance Learning - Protrain - Free Maths & English](#)

[Shaw Academy - 1 month free trial](#)

[Learn a language with Duolingo](#)

[Future Learn](#)

If you would like to add anything to this resource or make any changes, please email:

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We will update this resource on a weekly basis and it will be available to download from our website.