

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

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

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

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

**Reigate & Banstead Borough Council:** [www.reigate-banstead.gov.uk/coronavirus](http://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](mailto: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](mailto: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](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](mailto:getconnected@surreycoalition.org.uk) Tel: 01483 456 558. SMS text: 07563 997 932.

**Home-Start Surrey Heath:** support for families with at least 1 child under 5. Please see our website: [www.home-startsurreyheath.org.uk](http://www.home-startsurreyheath.org.uk) for further information.

There are other Home-Starts across Surrey too - to find your nearest Home-Start please visit: <https://www.home-start.org.uk/find-your-nearest-home-start>



## 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](http://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:

[gemma.johnston@catalystsupport.org.uk](mailto:gemma.johnston@catalystsupport.org.uk)

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