| **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.brigittetrust.org | admin@brigittetrust.comsarah.pattenden@brigittetrust.com |
| **Cruse Bereavement Care**Offer one to one [bereavement support](http://www.cruse.org.uk/surrey-east-area/bereavement-support) to adults, [children and young people](http://www.cruse.org.uk/surrey-east-area/children) who have been affected by the death of someone close to them, from a team of trained Bereavement Volunteers | 0800 808 1677www.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 0454www.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 5717www.**samaritans**.org/branches/**east**-**surrey** |  |
| **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 | **text SHOUT to 85258** |  |
| **Surrey Domestic Abuse Partnership** Independent charities working together across Surrey for anyone affected by domestic abuse – free, confidential advice service | 01483 776822 9am to 9pm 7 days a weekhttps://sdapartnership.org/ | National DA Helpline on Freephone 0808 2000 247 |
| **Surrey Mental Health Crisis Helpline** **Mental health crisis helpline** for **people in emotional distress** or experiencing suicidal thoughts and in need of support | **0800 915 4644 / SMS 07717 9890**https://www.sabp.nhs.uk/ |  |
| **Tandridge Befriending Scheme** Volunteer befrienders provide ongoing friendship to those who are lonely or socially isolated.  | Befriending Scheme Co-ordinator:Lucy Darlow07796 307286befriending@tva.org.uk | During this time of social distancing and lockdown, the scheme is developing friendships through befriending by phone. |
| **The Cinnamon Trust** National Charity supporting the elderly and the terminally ill pet owners | 01736 757 900https://**cinnamon**.org.uk |  |
| **Wellbeing prescription** Telephone support service for all East Surrey residents (18+) which supports your emotional and physical wellbeing. | Complete a contact us form on the Wellbeing Prescription website or call 01883 732787.  | 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.  |
| [**Your Sanctuary**](https://www.yoursanctuary.org.uk/) 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 444Text relay: 03444 111 445www.**citizensadvice**.org.uk |  |
| **Money Advice Service** Provides free and impartial money advice | 0800 138 7777 Typetalk: 18001 0800 915 4622www.**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 4999www.**carersuk**.org |  |
| **Crossroads Care East Surrey**Provider of respite breaks for Carers and the people for whom they care in Surrey | **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 crossroadscaresurrey.org.uk | Emergency contact number: **07914 186162** (Please use this number during the weekday after 5pm or on the weekend if emergency assistance is needed) |
| **National Dementia Helpline** provided by the Alzheimer’s Society | 0300 222 11 22 | There are also many fact sheets on their website |
| **Children & Young People** |
| **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 | 0800 1111www.**childline**.org.uk |  |
| [**Nacoa UK**](https://www.nacoa.org.uk/) Provides support to everyone affected by parents drinking  | **0800 358 3456 – (Open 2pm – 7pm – Monday – Saturday** |  |
| **Drugs & Alcohol** |
| **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 | 0800 9177 650 www.alcoholics-anonymous.org.uk | help@aamail.org |
| **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**](https://smartrecovery.org.uk/online-meetings/)

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 & mobilessdac-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 Deanery01883 623011 / 07799 713957revmichelle@btinternet.com |
| **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 Diocesewww.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 |  |
| **AGE UK Surrey**Emergency shopping support serviceHelp at home serviceTelephone befriending support | 01483 503414 Offices are now closed and will ask all callers to leave a message which the team will pick up.  www.**ageuk**.org.**uk**/**surrey** enquiries@ageuksurrey.org.uk | **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**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).  **Telephone befriending support for clients**The Age UK Surrey Help at Home service continues to support clients wherever possible. |
| **The Silver Line UK**Free confidential helpline providing information, friendship and advice to older people | **0800 470 8090**www.thesilverline.org.uk | Open 24 hours a day, every day of the year. |