

CORONAVIRUS



LOCKED DOWN DOESN'T MEAN LOCKED OUT

During Lockdown there is help and support available to you in Surrey. Surrey County Council want to assure all residents that there is help and support available should you be struggling in any way.

SURREY GUIDANCE AND ADVICE

surreycc.gov.uk/coronavirus

or call

Surrey Community Helpline 0300 200 1008

Monday to Friday: 9am to 5pm

SMS: 0786 0053 465 (for Deaf and hearing impaired residents only)

Or call your local **District or Borough Council**

GOVERNMENT GUIDANCE

GOV.UK/National Lockdown Stay at Home

STAY AT HOME • PROTECT THE NHS • SAVE LIVES

Help is there if you're struggling in any way...

If you are Clinically Extremely Vulnerable (CEV) and shielding and unable to rely on friends, family or neighbours to help with shopping or picking up medicines you can call:-

- NHS Volunteer Responders **0808 196 3646** - 8am to 8pm
- Surrey Community Helpline **0300 200 1008**
- Or call your local **District or Borough Council**

It's OK to not be OK

If you or someone you know is struggling mentally then visit healthysurrey.org.uk for tips on mental wellbeing and information on how to access specialist support locally.

Or call **Mind 0300 123 3393** Text: **86463** mind.org.uk

At home shouldn't mean at risk

If you are feeling frightened in your home because of the behaviour of another adult, the lockdown "stay at home" message doesn't apply if you need to leave to escape domestic abuse and seek help.

- Surrey Domestic Abuse Helpline, provided by Your Sanctuary, **01483 776822** which also has an online chat service with a live translation option. Or visit surreyagainstda.info
- **Call 999** if you're in immediate danger. If you can't talk out loud the police operate a Silent Solution. **Call 999 and then press 55**

If you're struggling with money

Help is there if you're struggling financially, visit surreycc.gov.uk/coronavirus/i_need_help or call **0300 200 1008**

Or search surreycc.gov.uk/surreycrisisfund for information on emergency grants.