

EMOTIONAL SUPPORT HELPLINE

DURING COVID-19 & ISOLATION

Worried?

Upset?

Anxious?

Want to
talk to
someone?

HELPLINE : 01483 901493

**Local volunteers working together
Listening & Signposting**

Up to 30 minute calls to a local number

Other useful phone numbers :

Urgent help now? Call 999 for Emergencies Call 111 for Health Advice	Need The Samaritans? Call 116124 or Email: jo@samaritans.org	Needing Supplies or someone to chat to? Call Cranleigh Street Champions 01483 272311
Unable to get out or struggling to cook a hot meal? Rowley's runs a Community Meal Service, both hot & frozen Call us: 01483 277155 or info@rowleyscranleigh.co.uk	Do you can concerns about work, financial, housing, relationships or other issues? Cranleigh Citizens Advice Bureau (CAB) are here to help you 03448 487 969 or email https://waverleycab.org.uk/enquiry-form/	
Do you need a little help from the Food Bank? Food Parcels are available and deliveries can be arranged Email: Cranleighfoodbank@gmail.com		

