

IT'S OK NOT TO BE OK

USEFUL CONTACT NUMBERS

Bereavement

Cruse Bereavement Care
Tel: 0808 808 1677
cruse.org.uk

Childline

Tel: 0800 1111
childline.org.uk

Coronavirus advice

gov.uk/coronavirus
covid19.nhs.uk
nhs.uk/coronavirus

Domestic abuse

Surrey Domestic Abuse
Helpline
Tel: 01483 776 822
surreyagainstda.info

Financial support

National Debt Helpline
Tel: 0808 808 4000
nationaldebtline.org

Floodline

Tel: 0345 988 1188
flood-warning-information.
service.gov.uk

Healthy Surrey

healthysurrey.org.uk

Heating support

Action Surrey
Tel: 0800 783 2503
actionsurrey.org
HEATSurrey
(Runnymede residents)
Tel: 01784 653635
heatproject.co.uk/surrey

Mental health and wellbeing - adults

Local services
healthysurrey.org.uk/
mentalwellbeing

Crisis support

Surrey Mental Health Crisis
Helpline
Tel: 0800 915 4644
sabp.uk/crisis
Shout UK crisis text line -
text 'SHOUT' to 85258

Mental health and wellbeing - children and young people

Children and Family
Health Surrey Advice Line
Tel: 01833 340 922
(Monday – Friday,
8am - 5pm)
Text a school nurse, text
'Chat Health' to
07507 329951
kooth.com
quell.io

NHS 111

Tel: 111
If you're Deaf, phone
18001 111 on a textphone
British Sign Language –
interpreternow.co.uk/nhs111
111.nhs.uk

Preparing for emergencies

surreycc.gov.uk/
surreyprepared

Safeguarding adults

Tel: 0300 470 9100
Email:
ascmash@surreycc.gov.uk
surreycc.gov.uk/
safeguardingadults

Out of hours

(Monday-Friday 5pm-9am
and 24 hours at weekends) –
01483 517 898

Safeguarding children

Tel: 0300 470 9100
Email: cspa@surreycc.gov.uk

Out of hours

(Monday-Friday 5pm-9am
and 24 hours at weekends) –
01483 517 898

Surrey Community Helpline

Tel: 0300 200 1008
SMS: 07860 053465 for
Deaf and hearing-impaired
residents only (Monday to
Friday: 9am to 5pm)

Surrey Information Point

surreyinformationpoint.org.
uk

Trading Standards

Tel: 0808 223 113
surreycc.gov.uk/
tradingstandards