

If you need support whilst we are closed during the Festive Season these organisations may be able help

- Social Care Services, **Customer First** on 0808 800 4005
- 111 for **non-emergency medical** advice
- 101 for **non-emergency Police** enquiries



0333 150 3456
Open 7 days a week
alzheimers.org.uk



0808 801 0677
Mon-Fri 3pm-8pm
beateatingdisorders.org.uk



0800 58 58 58
Everyday 3pm-midnight
thecalmzone.net



0800 1111
24/7
childline.org.uk



0300 102 1234
Mon-Fri 9am-5pm
mind.org.uk



For people aged 11-25
Text THEMIX to 85258
24/7
themix.org.uk



For people under 35 yrs old
Text: 88247
Call: 0800 068 4141
24/7
papyrus-uk.org



116 123
24/7
samaritans.org



Text SHOUT to 85258
24/7
giveusashout.org