

HAVANT AND WATERLOOVILLE PRIMARY CARE NETWORK SUPPORT INFORMATION FOR PATIENTS

Please find below some general contacts and ideas to self-help, during this uncertain period of time. We hope that this information will be useful to you and provide support. All links have been researched and are based on the best information gathered at this time.

ISOLATION

The Silver Line (over 55's) Telephone befriending service **0800 470 8090**
(Available 24hrs a day, 365 days a year) <https://www.thesilverline.org.uk/>

AgeUK Advice for practical information and advice call **0800 169 65 65**

MENTAL HEALTH SUPPORT

SHOUT Mental Health Crisis Line Texting service Text **85258**

CALM For people who have hit a wall and need to talk or seek advice Call 5pm to midnight 365 days a year
0800 58 58 58

SAFE HAVEN (Havant and East Hants MIND)

Operating a phone service for the Wellbeing Centre. This will mean that there will be no walk in service or groups and courses being run, however referrals and assessments will still be taken and completed. Instead of the peer support groups, Wellbeing Practitioners will be carrying out check in calls with clients.
Please make a self-referral by phone 02392 498916

SAMARITANS Free from any phone 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

TANYA'S KITCHEN MENTAL HEALTH AND WELLBEING SUPPORT GROUP

42 Greywell Rd, Leigh Park, Havant PO9 5AL

Weekly coffee morning, every Thursday 11.30 – 1.30pm Telephone **02392 479892**
(still operating throughout this period of uncertain time)

CARERS SUPPORT

AndoverMIND CARERS SUPPORT SERVICE - self-referrals accepted – call **01264 332297**

PRINCESS ROYAL TRUST FOR CARERS - call **01264 835 246 / 835 205**

<https://carercentre.com>

DEMENTIA SUPPORT

AndoverMIND DEMENTIA SUPPORT SERVICE - self-referrals accepted – call **01264 332297**

SINGLE PARENTS

THE GINGERBREAD SINGLE PARENT HELPLINE 0808 802 0925

The Gingerbread single parent helpline provides support and expert advice on anything from dealing with a break up to going back to work or sorting out child maintenance, benefit or tax credit issues. Their friendly advisors will talk through your options and send you useful information. Your call is free and confidential.

FOODBANKS

WATERLOOVILLE FOODBANK - referral from Social Prescriber – please book a phone call with your surgery

HAVANT FOODBANK PO9 – referral from Social Prescriber – please book a phone call with your surgery

(please note, we have been informed from the Foodbank organisers that stocks are running very low and priority cases will be considered first).

FINANCIAL SUPPORT

THE BRIDGE ADVICE CENTRE (Hayling Island) 24hr telephone message line 07876 776668

Free Debt/benefit/financial Advice

CITIZENS ADVICE BUREAU – Hampshire Advice Line – 03444 111 306

ABUSE

NATIONAL DOMESTIC ABUSE ADVICE LINE 0800 970 2070

MALE ADVICE LINE 0808 801 0327

VICTIM SUPPORT 01256 326406

LOCAL GOVERNMENT

CONNECT TO SUPPORT HAMPSHIRE

<https://www.connecttosupporthampshire.org.uk/>

Hampshire County Council 0300 555 1375

<https://www.hants.gov.uk/aboutthecouncil/contact>

FACEBOOK AND COMMUNITY SUPPORT

There are many Facebook Groups that are promoting help and support at this time, as well as a large community leaflet drops going round most areas, offering a number to call if you are feeling isolated and alone. Whilst many services are being forced to shut their provision to people in the community, please contact somebody if you are feeling alone, isolated or in need of support – the above contacts and numbers all have services running at this time.

YOUR SOCIAL PRESCRIBER

If you are struggling to access any links or are unsure of who can help, please ask your surgery to make a telephone appointment with the Social Prescriber, so that you can be guided to find suitable support.