

## Red Card Contacts: Support, Advice and Information Services

<p style="text-align: center;"><b>Citizens Advice Bureau</b></p> <p>Tel: 03444 111 444 for your local service          Web; <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>          Tel: 03454 040506 Citizens Advice Consumer Helpline</p> <p>CAB specialist advisers offer information, advice and advocacy on:</p> <ul style="list-style-type: none"> <li>• Debt and finances</li> <li>• Housing</li> <li>• Health and social care</li> <li>• Family</li> <li>• Relationships</li> <li>• Employment</li> <li>• Immigration</li> </ul>	<p style="text-align: center;"><b>Mental Health</b></p> <p><b>Healthy Surrey Mental Wellbeing</b>  <a href="http://www.healthysurrey.org.uk/your-health/mental-wellbeing/">http://www.healthysurrey.org.uk/your-health/mental-wellbeing/</a></p> <p><b>Samaritans</b>          Open 24 hours a day, 7 days a week          Tel: 116 123          Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p><b>Sane</b>          Open 6pm – 11pm every day          Tel: 0300 304 7000          Web: <a href="http://www.sane.org.uk">www.sane.org.uk</a></p> <p><b>Surrey Mental Health Crisis Helpline</b>          Tel: 0300 456 83 42          Text: 07717 989024          Monday to Friday 5pm – 9am          Weekends bank holidays 24 hrs  <a href="http://www.sabp.nhs.uk/advice/crisis-help">www.sabp.nhs.uk/advice/crisis-help</a></p>	<p style="text-align: center;"><b>Children and Young People</b></p> <p><b>NSPCC</b>          Tel: 0808 800 5000          Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>          24/7 helpline</p> <p><b>Childline</b>          Tel: 0800 11 11          Web: <a href="http://www.childline.org.uk">www.childline.org.uk</a>          Free confidential advice for under 18s</p> <p><b>Young Minds</b>          Parent and carer helpline          Tel: 0808 802 5544</p> <p>Email: <a href="mailto:ymentquiries@youngminds.org.uk">ymentquiries@youngminds.org.uk</a>          Web: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p> <p>Young Minds does not offer advice to young people. The helpline and email is for parents and carers worried about a child or young person.</p>
<p style="text-align: center;"><b>Debt and finances</b></p> <p><b>Step Change</b>          Tel: 0800 138 1111          Web: <a href="http://www.stepchange.org">www.stepchange.org</a></p> <p><b>Money Advice Service</b>          Tel: 0800 138 7777          Opening: Monday to Friday, 8am to 8pm,          Saturday, 9am to 1pm</p>	<p style="text-align: center;"><b>Domestic Abuse</b></p> <p><b>Your Sanctuary Surrey</b>          Open 24 hours a day, 7 days a week          Tel: 01483 776822</p>	<p style="text-align: center;"><b>Welfare benefits and grants</b></p> <p><b>Web: <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a></b></p> <p>Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.</p>
<p style="text-align: center;"><b>Housing</b></p> <p><b>Shelter</b>  <b>Tel: 0808 800 4444</b>          Web: <a href="http://www.shelter.org.uk">www.shelter.org.uk</a></p>		

**In a life threatening situation or if you have concerns about an immediate risk to a person dial 999**

<p style="text-align: center;"><b>Older Adults</b></p> <p><b>Age UK Surrey</b> Tel: 01483 503414 Email: <a href="mailto:enquiries@ageuksurrey.org.uk">enquiries@ageuksurrey.org.uk</a></p> <p><b>Silver Line</b> Tel: 0800 4 70 80 90 Silver Line is the confidential, free helpline for older people in the UK. Open every day and night of the year. Trained helpline staff:</p> <ul style="list-style-type: none"> <li>• Offer information</li> <li>• Friendship and advice</li> <li>• Link callers to local groups and services</li> <li>• Offer regular befriending calls</li> <li>• Protect and support those who are suffering abuse and neglect</li> </ul>	<p style="text-align: center;"><b>Carers Support</b></p> <p><b>Action for Carers Surrey</b> Tel: 01483 302748 Email: <a href="mailto:info@actionforcarers.org.uk">info@actionforcarers.org.uk</a> Web: <a href="http://www.actionforcarers.org.uk">www.actionforcarers.org.uk</a> Action for Carers offer information, advice and support to carers in Surrey</p> <p><b>Surrey Young carers</b> Tel: 01483 568 269 Email: <a href="mailto:syc@actionforcarers.org.uk">syc@actionforcarers.org.uk</a></p>	<p style="text-align: center;"><b>Surrey Drug and Alcohol Care</b></p> <p>Email: <a href="mailto:info@surreydrugcare.org.uk">info@surreydrugcare.org.uk</a> Tel: 08088025000 Web: <a href="http://www.surreydrugcare.org.uk">www.surreydrugcare.org.uk</a> A 24/7 confidential helpline</p>
<p style="text-align: center;"><b>Out of hours healthcare</b></p> <p><b>NHS 111</b></p> <p>If you need to access healthcare when your GP is closed Call NHS 111 for free.</p> <p>Opening hours: 24 hours a day</p>	<p style="text-align: center;"><b>Gambling</b></p> <p><b>GamCare</b> National helpline Tel: 0808 8020 133 Email: <a href="mailto:info@gamcare.org.uk">info@gamcare.org.uk</a> <a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a></p> <p><b>Gamblers Anon</b> <a href="http://Gamblersanonymous.org.uk">Gamblersanonymous.org.uk</a></p>	<p style="text-align: center;"><b>Relationship</b></p> <p><b>Relate</b> Tel: 0300 100 1234 Web: <a href="http://www.relate.org.uk">www.relate.org.uk</a></p>
	<p style="text-align: center;"><b>Surrey Law Centre</b></p> <p><a href="http://www.surreylawcentre.org">www.surreylawcentre.org</a> Tel: 0330 002 0099 Email: <a href="mailto:reception@surreylawcentre.org">reception@surreylawcentre.org</a></p>	<p style="text-align: center;"><b>Workplace Advice</b></p> <p><b>ACAS</b> Tel: 0300 123 1100 TXT relay: 18001 0300 123 1100 Web: <a href="http://www.acas.org.uk">www.acas.org.uk</a></p>

**This has been produced by Surrey Suicide Prevention Group (Version May 2017)**