

# WHERE TO GO FOR SUPPORT

The Suffolk Advice and Support Service: for anyone needing support with debt, housing or employment:

**0800 068 3131**

Home, but Not Alone: Supporting clinically vulnerable people gain access to medication, food and community support and those struggling to self-isolate:

**0800 876 6926**

Domestic Abuse Outreach Service:  
operated by the Anglia Care Trust: **0800 9775690**

First Response: Suffolk helpline for urgent mental health support:

**0808 196 3494**

Suffolk County Council Customer First: If you are worried that a child, young person or adult is at risk of abuse, harm or neglect, call **0808 800 4005**

Samaritans: **116 123**

National Citizens Advice Helpline: **0800 1448848**

# WHERE TO GO FOR CORONAVIRUS SUPPORT

**Suffolk coronavirus updates:  
[www.suffolk.gov.uk/coronavirus](http://www.suffolk.gov.uk/coronavirus)**

**Guidance for Waveney residents:  
[www.norfolkandwaveneyccg.nhs.uk](http://www.norfolkandwaveneyccg.nhs.uk)**

**Book a coronavirus test:  
Visit [NHS.uk/coronavirus](http://NHS.uk/coronavirus) or call NHS 119**

**Call NHS 111 for urgent help**

**Visit [www.nhs.uk](http://www.nhs.uk)  
for information and support**

**Visit [www.sneevaccine.org.uk](http://www.sneevaccine.org.uk)**

