

# SERVICE UPDATE COVID-19 - January 2021

We continue to deliver assessments and wellbeing support via video call or telephone. Please check ParentMail and our social media pages for online respite activities.



@\_giveusabreak\_



Suffolk Young Adult Carers



## THE HUB

### TELEPHONE

01473 835477

Weekdays 8am - 5pm

### ONLINE CHAT

[www.suffolkfamilycarers.org](http://www.suffolkfamilycarers.org)

Weekdays 8am - 8pm

Saturday & Sunday 9am - 1pm



Should you or your young person wish to speak with an Advisor please email [hello@suffolkfamilycarers.org](mailto:hello@suffolkfamilycarers.org) or call 01473 835477

**kooth**  
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JOURNAL

KOOTH MAGAZINE

HELP ARTICLES

SELF-HELP TOOLS

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## First Response

Call: 0808 196 3494 (Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.



Norfolk and Suffolk  
NHS Foundation Trust





HM Government

# AT HOME SHOULDN'T MEAN AT RISK OF DOMESTIC ABUSE #YOUARENOTALONE



If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

Police and support services remain available.

If you are in immediate danger, or suspect someone else is, call 999.

If you are unable to talk, call 999, listen to the operator and then either press 55 on a mobile, when prompted, or wait on a landline to be connected to the police, who will be able to help.

If you're worried you, or someone you know, may be experiencing domestic abuse:

**Refuge** The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: 0808 2000 247

**Respect** Men's advice line The free Respect Men's Advice Line offers support for men: 0808 801 0327



Galop's free National LGBTQ+ Domestic Abuse Helpline offers support for LGBTQ+ people: 0800 999 5428

**Respect** Phonenumber The free Respect Phonenumber offers support for men and women who are harming their partners and families: 0808 802 4040

**NSPCC** The free NSPCC helpline offers support for anyone worried about a child: 0808 800 5000

Find more support, online and text relay services at [gov.uk/domestic-abuse](https://gov.uk/domestic-abuse)

suffolk  
Resilience

## Has the impact of Coronavirus left you worrying about your bills, your job or your home?

There are people that can help.  
Call us free on **0800 068 3131**



The Suffolk Advice and Support Line is open from 9am to 5pm, Monday to Friday.



## HOME, BUT NOT ALONE

Connecting volunteers and vulnerable people in Suffolk

DOWNLOAD  
Tribe - Volunteer  
APP TO VOLUNTEER



Need a volunteer's help? Call: **0800 876 6926**

#COVID19SUFFOLK