

#Help4All



These partners are working together so Somerset families and residents get the help they need and get it early. We've listed some of the services and support that may be useful for you to know about.

For links, simply visit: www.connectsomerset.org.uk/help4all



Money - Contact **Citizens Advice** via **email** or use the Adviceline on **0808 278 7842** for advice on debt, energy costs, benefits. **Age UK Somerset** also provides help with benefits and scams advice for older people. If you need immediate money for food or heating, you can access the **Household Support Fund**. You can find a nearby **warm welcome** space, or **Happy Healthy Holidays** for eligible children at weekends. You can also seek help with **Housing Benefit**, **Council Tax Reduction**, **claiming a discretionary award** and **Public and Community Transport**. As well as support with **lifelong learning** and **employment**.



Food - Find your local **foodbank or pantry**. Eligible children and young people can take part in **Happy Healthy Holidays** using a code from their school.



Home - If you are worried about losing your home then please contact **Somerset Council** for **homelessness advice and assistance**. In an emergency you can phone **0300 123 2224** or **0300 123 2327** out of hours. Information on **equipment that can help you stay independent**.



Health and Wellbeing - Mindline (open to all ages) can be reached on **0800 138 1692** or **online chat** (8pm to 11pm). **Samaritans, national listening service** on **116 123**. For **free mental health support** text 'SHOUT' to **85258**. **ChatHealth** connects you with qualified health professionals in your area, phone **07480 635 514**. Mental health support for children and young people can be accessed via **the health and wellbeing toolkit**, and the **Tellmi app**. For those aged 11-19 there are free online forums, guides and counselling at **Kooth**. **SASP** have activities for body and mind. **Young Somerset** has wellbeing practitioners that could support you. If you're 16-17, you can self-refer via CAMHS single point of access. NHS Somerset offers **Talking Therapies** for over 16s with anxiety, depression, coping with traumatic events or long-term health conditions. **Open Mental Health** supports adults mental health and wellbeing. If you're over 65 and are feeling lonely and/or isolated **Age UK Somerset** are here to help. For health-related support at home, or in the community you may wish to contact your local **Village Agent** for help. **Somerset Sight** and **deafPLUS** support with sight and hearing loss needs. **Health Visiting Service** can help and support you to make healthy choices for yourself and your family.



Domestic abuse - If you or your family are affected by domestic abuse, you can get help from **Somerset Domestic Abuse Service** or phone **0800 69 49 999** and choose option 2.



Problems with drugs or alcohol - There is advice and support for young people, adults, and their family members if substance misuse is a problem. Contact **Somerset Drug and Alcohol Service** or phone **0300 303 8788** any time.



Parenting - Parents and carers can get free access to **#LearnForLove** (access code: dragon) to support children from bump to teenager. If you're over 18 and you look after someone in an 'unpaid' caring capacity (not employed or self employed as a Carer) access support from the **Somerset Carers Service**. Qualified School nurses are also available to support via **ChatHealth** - text: **07480 635 515** to confidentially ask about a range of issues.

We are working with partners across Somerset to develop a network of community hubs. These spaces provide a friendly environment where you can get help and support, socialise, enjoy refreshments, and take part in activities. For more information, visit: www.connectsomerset.org.uk/community-hubs