

# 2024 Telephone Signposting List

<b>Alcohol/Drugs</b> Alcoholics Anonymous 0800 9177 650 We Are With You 01872 263001	<b>Homelessness/Rough Sleeping</b> Cornwall Housing Limited 0300 1234 161 St Petrocs 01872 264153 StreetLink 0300 500 0914
<b>Asylum/Immigration</b> Migrant Help 0808 8010 503	<b>Housing</b> Shelter 0808 800 4444 YMCA Cornwall 01736 334820
<b>Befriending</b> Re-Engage 0800 716543 St Vincent de Paul Society 0207 703 3030 Volunteer Cornwall 01872 266988	<b>Learning Disability</b> Cornwall People First 07469 928565
<b>Benefits/ Financial/ Debt</b> Christians Against Poverty 0800 328 0006 Citizens Advice Cornwall 0800 144 8848 Debt Advice Foundation 0800 043 40 50 Help to Claim (Universal Credit) 0800 144 8444 Kernow Credit Union 01209 314 449 Stepchange 0800 138 1111	<b>LGBT+</b> Switchboard 0800 0119 100 Intercom Trust 0800 612 3010
<b>Bereavement</b> Cruise Bereavement 0800 808 1667 Listening Ear Service 01726 829874 Penhaligon's Friends 01209 210624 SOBBS 0300 111 5065 ALLY (Pet Loss Support) 01736 333334	<b>Mental Health</b> CALM 0800 585858 NHS Mental Health 0800 038 5300 Outlook South West 01208 871905 Pentreath Ltd 01726 862727 Samaritans 116 123 SHOUT (Free Text Service) 85258
<b>Business</b> The Growth Hub 01209 708 660	<b>Modern Slavery</b> Modern Slavery Helpline 0800 121700 Crimestoppers 0800 555 111
<b>Carers</b> Carers UK 0808 808 7777 Cornwall Carers Service 01736 756655 Parent Carers Cornwall 07973 763332	<b>Older Age</b> Age Concern Cornwall & IoS 01872 266383 Silver Line 0800 470 80 90
<b>Children, Young people, Families</b> Childline 0800 1111 Early Help Hub 01872 322277 The Mix 0808 808 4994 Young People Cornwall 01872 222447	<b>Police Services</b> Emergency 999 Non-Emergency 101
<b>Dental Emergency</b> Smile Together 0333 405 0290	<b>Relationships</b> Relate 0300 100 1234
<b>Disability</b> Active8 07800 876421 disAbility Cornwall 01736 759500	<b>Social Care</b> Cornwall Adult Social Care 0300 1234 131
<b>Domestic Abuse</b> Cornwall Refuge Trust 01872 225629 First Light: Safer Futures 0300 777 4777 The Women's Centre Cornwall 01208 77099	<b>Single Parents</b> Gingerbread 0808 802 0925
<b>Employment Support/Training</b> Active Plus 01326 567174 People Hub 0333 0150699	<b>Victims of Crime</b> Victim Support 0808 1689 111
<b>Energy Support</b> Community Energy Plus 0800 954 1956	<b>Volunteering</b> Volunteer Cornwall 01872 265305
	<b>Other Helplines</b> Armed Forces: SSAFA 0800 2606767 Red Cross Support Line 0808 196 3651 Construction Worker Helpline 0808 801 0372 Construction Industry Helpline 0345 605 1956 Farming Community Network 03000 111 999 RABI (Farming) 0808 281 4444 The Seafarers Hospital Society 020 8858 3696

**TRANSFORMATION CORNWALL<sup>+</sup>**

[www.transformation-cornwall.org.uk](http://www.transformation-cornwall.org.uk)