

2025 Telephone Signposting List

Alcohol/Drugs Alcoholics Anonymous 0800 9177 650 We Are With You 01872 263001	Homelessness/Rough Sleeping Cornwall Housing Limited 0300 123 4161 St Petros 01872 264 153 StreetLink 0300 500 0914
Asylum/Immigration Migrant Help 0808 8010 503	Housing Shelter 0808 800 4444 YMCA Cornwall 01736 334 820
Befriending Re-Engage 0800 716543 St Vincent de Paul Society 0207 703 3030 Volunteer Cornwall 01872 265 305	Learning Disability Cornwall People First 07469 928 565
Benefits/ Financial/ Debt Christians Against Poverty 0800 328 0006 Citizens Advice Cornwall 0808 812 7156 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	LGBT+ Switchboard 0800 011 9100 Intercom Trust 0800 612 3010
Bereavement Cruse Bereavement 0800 808 1667 Listening Ear Service 01726 829 874 Penhaligon's Friends 01209 210 624 SOBBS 0300 111 5065 Suicide Liaison Service 01208 871 905 ALLY (Pet Loss Support) 01736 333334	Mental Health CALM 0800 58 58 58 NHS Mental Health 0800 038 5300 Outlook South West 01208 871 905 Pentreath Ltd 01726 862 727 Samaritans 116 123 SHOUT (Free Text Service) 85258
Business The Growth Hub 01209 708 660	Modern Slavery Modern Slavery Helpline 0800 121 700 Crimestoppers 0800 555 111
Carers Carers UK 0808 808 7777 Cornwall Carers Service 01736 756 655 Parent Carers Cornwall 07973 763 332	Older Age Age UK Cornwall & IoS 01872 266 383 Silver Line 0800 470 80 90
Children, Young people, Families Childline 0800 1111 Early Help Hub 01872 322 277 The Mix 0808 808 4994 Young People Cornwall 01872 222 447	Police Services Emergency 999 Non-Emergency 101
Dental Emergency Smile Together 0333 405 0290	Relationships Relate 0300 100 1234
Disability Active8 07800 876 421 disAbility Cornwall 01736 759 500	Social Care Cornwall Adult Social Care 0300 1234 131
Domestic Abuse Cornwall Refuge Trust 01872 225 629 First Light: Safer Futures 0300 777 4777 The Women's Centre Cornwall 01208 770 99	Single Parents Gingerbread 0808 802 0925
Employment Support/Training Active Plus 01326 567 174 People Hub 0333 015 0699	Victims of Crime Victim Support 0808 1689 111
Energy Support Community Energy Plus 0800 954 1956	Volunteering Volunteer Cornwall 01872 265 305
	Other Helplines Armed Forces: SSAFA 0800 260 6767 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