

Telephone Signposting List

Alcohol/Drugs			
Alcoholics Anonymous		0800 9177 650	
We Are With You		01872 263001	
Asylum/Immigration			
Migrant Help		0808 8010 503	
Citizens Advice EU/Swiss		03333 44061	
Befriending			
Re-Engage		0800 716543	
St Vincent de Paul Society		0207 703 3030	
disAbility Cornwall Befriending		01736759500	
Volunteer Cornwall		01872 266988	
Benefits/ Financial/ Debt			
Christians Against Poverty		0800 328 0006	
Citizens Advice Cornwall		01752 850 488	
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	
Bereavement			
Cornwall Bereavement Network		01208 834 620	
Outlook South West		01208 871905	
Penhaligon's Friends		01209 210624	
SOBBS		0300 111 5065	
ALLY (Pet Loss Support)		01736 333334	
Business			
The Growth Hub		01209 708 660	
Carers			
Carers UK		0808 808 7777	
Kernow Carers Service		0800 587 8191	
Parent Carers Cornwall		07973 763332	
Children, Young people, Families			
Childline		0800 1111	
Early Help Hub		01872 322277	
The Mix		0808 808 4994	
Young People Cornwall		01872 222447	
Dental Emergency			
West Country Dental Care		0333 405 0290	
Disability			
Active8		07800 876421	
disAbility Cornwall		01736759500	
Domestic Abuse			
Cornwall Refuge Trust		01872 225629	
Safer Futures		0300 777 4777	
Employment Support/Training			
Active Plus		01326 567174	
People Hub		0333 0150699	
Skills Your Way		07914 695247	
Energy Support			
Community Energy Plus		0800 954 1956	
Homelessness/Rough Sleeping			
Cornwall Housing Limited		0300 1234 161	
St Petrocs		01872 264153	
StreetLink		0300 500 0914	
Housing			
Shelter		0808 800 4444	
YMCA Cornwall		01736 334820	
Learning Disability			
Cornwall Advocacy		07596624162	
Cornwall People First		07469928565	
LGBT+			
Switchboard		0300 330 0630	
Mental Health			
NHS Mental Health		0800 038 5300	
Mhend		01726 862727	
Outlook South West		01208 871905	
Pentreath Ltd		01726 862727	
Samaritans		116 123	
StartNow (Youth)		01872 326322	
Support Matters Cornwall		0800 001 4330	
Valued Lives		0800 260 6759	
Older Age			
Age Concern Cornwall & IoS		01872266383	
Silver Line		0800 470 80 90	
Police Services			
Emergency			999
Non-Emergency			101
Relationships			
Relate		0300 772 9681	
Social Care			
Cornwall Adult Social Care		0300 1234 131	
Single Parents			
Gingerbread		0808 802 0925	
Victims of Crime			
Victim Support		0808 1689 111	
Volunteering			
Volunteer Cornwall		01872 265305	
Other Helplines			
Armed Forces: SSAFA		0800 731 4880	
Red Cross: Coronavirus Support		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 9490	
The Seafarers Hospital Society		020 8858 3696	