



WINTER SUPPORT IN AND AROUND TRURO



MENTAL HEALTH

·NHS MENTAL HEALTH SUPPORT HELPLINE - 0800 038 5300
SUPPORT IS AVAILABLE TO ANYONE, REGARDLESS OF AGE, ALL DAY EVERY DAY.

IF YOU OR SOMEONE YOU KNOW FEELS THEY NEED TO ACCESS URGENT MENTAL HEALTH SUPPORT, THEY WILL LISTEN TO YOU AND ASSESS HOW BEST TO HELP YOU.



DEBT

·CHRISTIANS AGAINST POVERTY - 0800 328 0006
CHRISTIANS AGAINST POVERTY (CAP) GIVE FREE HELP AND ADVICE TO ANYONE IN DEBT. TO BOOK AN APPOINTMENT OR FIND OUT MORE PLEASE CALL THE NUMBER ABOVE.



FOOD POVERTY

·TRURO FOODBANK - 07721 711669
OR EMAIL TRUROFOODBANK@GMAIL.COM
TRURO FOODBANK SUPPORTS THOSE IN FOOD CRISIS THAT LIVE IN THE TR1 TO TR6 AREA.



HOUSING

·CORNWALL HOUSING - 0300 1234 161
CORNWALL HOUSING CAN PROVIDE INFORMATION AND ADVICE TO LANDLORDS, TENANTS AND OWNER OCCUPIERS TO HELP KEEP THEIR HOMES OR HELP FIND ALTERNATIVE ACCOMMODATION.



HOMELESSNESS

·STREETLINK - 0300 500 0914
IF YOU ARE CONCERNED ABOUT SOMEONE SLEEPING ROUGH, SEND AN ALERT TO STREETLINK BY VISITING WWW.STREETLINK.ORG.UK OR BY CALLING THE NUMBER ABOVE. THEY CAN GIVE PRACTICAL ADVICE AND CAN ACCESS EMERGENCY ACCOMODATION.



CRISIS SUPPORT

·ACTS 435 - 07709233579
ACTS 435 IS AN ONLINE GIVING CHARITY, DIRECTLY CONNECTING THOSE WHO WANT TO GIVE WITH THOSE WHO ARE IN GENUINE NEED OF THEIR HELP. THEY CAN HELP PEOPLE IN CRISIS WITH UP TO £150 VIA REFERRAL, PROVIDING GOOD SECOND-HAND WHITE GOODS, HELP TO THOSE IN FUEL AND ENERGY POVERTY, AS WELL AS MUCH MORE.



ENERGY SUPPORT

·COMMUNITY ENERGY PLUS - 0800 954 1956
COMMUNITY ENERGY PLUS IS AN AWARD-WINNING SOCIAL ENTERPRISE THAT PROVIDES COMPLETE ENERGY ANSWERS TO HELP HOUSEHOLDS IN CORNWALL ENJOY WARMER, ENERGY EFFICIENT HOMES. GET IN TOUCH FOR ENERGY SUPPORT AND ADVICE.



BEFRIENDING

·VOLUNTEER CORNWALL - 01872 266988
IF YOU NEED SOMEONE TO TALK TO THEN GET IN TOUCH WITH VOLUNTEER CORNWALL AND THEIR TELEPHONE BEFRIENDING TEAM. IF YOU GET IN TOUCH THEY WILL TRY AND MATCH YOU WITH SOMEONE THAT THEY THINK IS SUITABLY BASED FOR YOU.



TRANSFORMATION CORNWALL⁺