

ORG NAME	SUBJECT	CONTACT - (Tel/email/website)
CALM	The Campaign for people in the UK who are down or have hit a wall for any reason.	Call 0800 58 58 58 (daily, 5pm to midnight) Free, anonymous webchat with trained staff Visit the CALM website
Disabled Living Foundation	Specialist advice for people with disabilities and their carers.	national telephone helpline service (0845 130 1977), equipment centre (020 7289 6111), factsheets, publications shop and training and events. Tel: 020 7289 6111 Email: advice@dlf.org.uk www.dlf.org.uk
Hearing Concern	Hearing Concern exists to overcome the frustration, isolation and loneliness experienced by millions of people in the UK who have hearing loss. It is a leading provider of advice and support on behalf of deaf and hard of hearing people	Tel: 020 8743 1110 Email: info@hearingconcern.org.uk www.hearingconcern.org.uk
NHS	If you need help urgently but are not at risk of death or serious illness,	Use the NHS 111 non-emergency advice online. NHS 111 advice online Only call 111 if you cannot get help online.
NHS	Many vulnerable people in Dorset will have recently received a letter from the NHS, telling them they are at high risk of catching coronavirus and advising them to stay at home and strictly self-isolate for 12 weeks. If you don't have family, friends or a support network that can help you get the things you need,	The response hub has a dedicated helpline that can provide additional help and information. Call 01305 221022, 8am to 8pm, 7 days a week.
NHS	People with hearing problems	Use the NHS 111 British Sign Language (BSL) service
Papyrus Hopeline	Crisis support for young people. If you are under 35 and feel that life is not worth living any more,	Call Papyrus's Hopeline UK from 9am to 10pm weekdays and 2pm to 10pm on weekends. Call Hopeline UK on 0800 068 41 41 Text 07786 209697 Visit the Papyrus website
Samaritans	When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult.	Call free on 116 123 Or contact www.samaritans.org online. Or jo@samaritans.org

Gov.uk	Guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from from COVID – 19 Full guidance on staying at home and away from others	
Public Health England	Guidance for households with possible coronavirus (COVID-19) infection	
Dorset Council	If you don't have family, friends or a support network that can help you get the things you need,	You can call 01305 221000, 8am to 8pm, 7 days a week to get specific help and advice. Alternatively, you can email communityresponse@dorsetcouncil.gov.uk
AGE UK	Age UK North, South and West Dorset are coordinating requests for help with issues relating to loneliness and isolation, or support in accessing items such as food, cash or medication. Support is available to all residents within the Dorset Council area including East Dorset.	To request help email Age UK or call 01305 269444.
Royal National Institute for the Blind	The Royal National Institute for the Blind offers information, support and advice to over 2 million people with sight problems. It fights for equal rights and funds research	Tel: 020 7388 1266 Email: helpline@rnib.org.uk www.rnib.org.uk
Women's Aid Federation of England and Wales	Women's Aid is a national domestic violence charity.	It also runs a domestic violence helpline 08457 023 468 . Tel: 0117 9444411 Fax: 0117 9241703 Email: info@womensaid.org.uk www.womensaid.org.uk
Alzheimer's Society	The UK's leading care and research charity for people with any form of dementia and their carers.	Tel: 020 7423 3500 Email: events@alzheimers.org.uk www.alzheimers.org.uk
Dementia UK	Specialist one-to-one support and expert advice are the two key ways Dementia UK help people living with dementia.	0800 888 6678 www.dementiauk.org

