

Covid 19 - Local Support and National Helplines

Benefits, Housing and Council support in Wolverhampton

Full details for benefit advice, housing support, homelessness and other council services can be found at:

<https://www.wolverhampton.gov.uk/coronavirus-advice-and-information>

Health & Wellbeing advice lines:

- The Haven: Offers a 24 hour domestic abuse helpline for vulnerable women & children in need of advice or support. 01902 713001
- Respect UK. Organisation for work with domestic violence perpetrators, male victims of domestic violence and young people's violence in close relationships.
Respect Phonenumber: 0808 802 4040
Men's Advice line: 0808 801 0327
info@respect.uk.net
- Samaritans [116 123](tel:01902116123) free from any phone or 01902 116123
<https://www.samaritans.org/branches/wolverhampton/>
- Young people emotional well being support:
<https://www.kooth.com/>
<https://youngminds.org.uk/>
<https://www.childline.org.uk/> call 0800 1111
- ICON cope – support for parents/carers with young babies:
www.iconcope.org
CRY-SIS National Help Line: 08451 228669
- Wolverhampton Information, Advice and Support Service. Special educational needs and disabilities. <https://wolvesiass.org/>

Local Organisations:

- West Midlands Forced Marriage
24hr helpline 0800 953 9777
- Healthy Minds
<https://www.bcpft.nhs.uk/services/for-adults/83-community-services/247-wolverhampton-healthy-minds>
- The Refugee and Migrant Centre
Wolverhampton 01902 311 554
info@rmcentre.org.uk
- Recovery Near You Wolverhampton.
Substance Misuse Adults: 0300 200 2400:
Young people: 0300 123 3360
- Citizens Advice: General non urgent advice enquiries 0344 411 1444. For DEBT Text: 07850 209529 with your name and we will call you back. Or
Email: debtadvice@wolverhamptoncitizensadvice.com
For urgent CRISIS Text : 07525 844112 and we will call you back

National Organisations:

National Domestic Violence Helpline
www.nationaldomesticviolencehelpline.org.uk 24hr helpline 0808 2000 247

National LGBT+ domestic abuse helpline
0800 999 5428

Rape Crisis England and Wales
0808 802 9999

Men's Advice Line 0808 801 0327

Victim Support 0300 303 1977
www.victimsupport.org/westmidlands

www.nhs.uk/everymindmatters

[Breastfeeding support helpline 0300 100 0212](tel:03001000212) or
www.breastfeedingnetwork.org.uk

Shelter: Helpline to provide accommodation and legal assistance. 0808 800 4444

Local foodbanks

Full details for local food banks can be found at:

- <https://www.wolverhampton.gov.uk/benefits/benefits-universal-credit-welfare-reform/food-banks-and-soup-kitchens>

Professionals who can advise, support & signpost include:

General Practitioner, NHS 111, 999 in an emergency, Health Visitor, School Nurse, Partnering Families Nurse, Social Worker, Strengthening Families Worker, Education