

## Helpline Contact Details for Residents in the New Forest Council Area

### **Sandbourne Housing Association**

- info@sandbourne.org.uk

### **COVID-19 advice**

- NHS – 111
- NHS – 999 (For severe symptoms or other illnesses)

### **Urgent help**

- 999 or 112

### **Benefits and legal support**

- Citizens Advice Bureau  
– 03444 111 444

### **Housing and homelessness**

- New Forest Housing Options –  
023 8028 5250
- Shelter – 0800 800 4444

### **Financial advice**

- Money Advice Service  
– 0800 138 7777
- Citizens Advice – 03444 111 444
- National Debtline – 0808 808 4000

### **Domestic abuse and violence**

- Hampshire domestic abuse advice  
line – 03300 165 112
- National Domestic Abuse Helpline  
– 0808 2000 247
- Men's Advice Line – 0808 8010 327
- GALOP (LGBT and Domestic  
Abuse Helpline) – 08009995428

### **Disability & impairment**

- Disability Living Foundation Charity  
– 0300 123 3084
- Disability Rights UK – independent  
living and carers – 0330 995 0404

### **Food support**

- Trussell Trust – 01722 580180
- Fareshare – 0131 608 0967

### **Help for the elderly**

- Age UK – 0800 678 1602

### **Refugee, asylum and immigration support**

- Migrant Help – 0808 8010 503
- British Red Cross – 0344 871 11 11

### **Mental health support**

- Samaritans – 116 123
- Mind – 0300 123 3393
- SANE – 020 3805 1790

### **Support for children**

- NSPCC – 0808 800 5000

### **Animal welfare**

- RSPCA – 0300 123 4999

### **Ringwood Coronavirus Support Group**

- Available 7.00am – 10.00pm  
– 01425 542031