

# LOCAL SERVICES OPEN OVER THE FESTIVE PERIOD

<https://www.soarcommunity.org.uk/>



## HELPLINES

- Samaritans - 24/7 - 116 123
- CALM - 5pm to midnight - 0808 585858
- Rethink - 24/7 - 0808 801 0440
- Silverline - for over 55s, 24/7 - 0800 470 8090
- Beat Eating Disorders - 9am to midnight Mon-Fri, 4pm to midnight - 0808 801 0677
- Combat Stress - for veterans mental health, 24/7 - 0800 138 1619
- Migrant Help - advice & guidance, 24/7 - 0808 8010 503
- Refuge - female domestic abuse helpline, 24/7 - 0808 2000 247
- Respect - male domestic abuse helpline, 24/7 - 0808 801 0327
- IDAS - domestic abuse helpline - 0808 808 2241

## FOOD SUPPORT

- HARC Sheffield, George Street entrance of Victoria Hall, S1 2PF - between the morning of Christmas Eve and lunchtime on New Year's Day, HARC provide a warm space and hot meals
- Burngreave Foodbank - open Thursday 28th December
- FoodCycle Parson Cross - serving last meal of the year on Tuesday 19th December

## OTHER SERVICES

- Sheffield Support Hub - open as usual (Mon-Fri 6pm-midnight, Sat-Sun 2pm-midnight) except on Christmas Day when support will be virtual only - 07890 987 384
- Sheffield City Council Emergency Housing Repairs - 0114 273 4567
- Citizens Advice - 0800 144 8848
- Shelter - emergency helpline Mon-Fri 8am-8pm, weekends/bank holidays 9am-5pm - 0808 800 4444
- Age UK - advice line 8am-7pm everyday - 0800 678 1602

If you are in a mental health crisis and your life is at risk, contact 999 or NHS 111.