

Updated Phone Numbers as of 16.04.20

Welfare Helpline (HBC) - 01429 284284 for those on a low/ no income, those applying for benefits and waiting for payments, those in financial hardship – access to food vouchers, gas/electricity top ups, microwaves/kettles/slow cookers etc.

Support Hub Helpline (HBC) - aimed at those self-isolating or unable to leave home. The Support Hub offers: Information & Advice, Emotional Support, Delivery of Food & Prescriptions and Links to Other Services

Operating 10-4 Mondays to Fridays, 10-2 Saturdays. The hub can be contacted by calling 01429 272905, email helping@hartlepool.gov.uk.

Burbank Community Centre Telephone 07472 358704

“poolietimeexchange” on Facebook - distributing Food and Hot Meals (also desperately in need of volunteers, food, kitchen space and money to provide for increasing numbers of individuals and families in need)

Hartlepool Foodbank - Telephone 01429 598404, based at 28 Church Street, Hartlepool. Check their facebook page for opening times

Hartlepool Food Network- Call 07967 671046, collecting unwanted fresh food and sharing it with people in need

Mental Health Support - Hartlepool & East Durham Mind - Telephone 07377 140 141

Families Helpline - Changing Futures North East 0 1429 891444 - offering relationship support to families who might be struggling in these difficult times

Domestic Abuse Helpline - Harbour - Telephone 03000 20 25 25 (24 hours a day)

Personal Crisis Helpline - Samaritans Call free on 116 123 24 hours a day

And remember, if you are in personal danger, if you feel you are about to harm yourself or someone else, then call 999 or go to your nearest accident and emergency (use the “need urgent help” button above for more information)