

Useful numbers and websites

COVID-19 advice

If you have access to internet, please check your symptoms online and follow advice from NHS.

<https://www.nhs.uk/coronavirus-status-checker/>

NHS – 111

NHS – 999 (For severe symptoms or other illnesses)

Housing advice, benefits & legal support

Universal Credit helpline - 0800 328 5644

<https://www.universal-credit.service.gov.uk/sign-in>

Pension credit - 0800 731 0469

Citizens Advice Bureau – 03444 111 444

Your local council – 0121 303 1111

Housing & homelessness

Crisis – 020 7426 5685

Shelter – 0800 800 4444

Women’s aid hub – 0121 685 8687

Domestic abuse & violence

National Domestic Abuse Helpline – 0808 2000 247

Birmingham and Solihull Women’s Aid -

<https://bswaid.org/>

Men’s Advice Line – 0808 8010 327

GALOP (LGBT+ Domestic Abuse Helpline) – 08009995428

Disability & impairment

Disability Living Foundation Charity – 0300 999 0004

Disability Rights UK – independent living and carers – 0330 995 0404

Food support

Trussell Trust – 01722 580 180

Fareshare – 0131 608 0967

Help for the elderly

Age UK – 0800 678 1602

Refugee, asylum & 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