

Urgent Support Information Sheet For Patients

East Primary Care Network (PCN)

Housing Support/Advice

Herefordshire Council Housing Solutions Team: Blueschool House, Blueschool Street, Hereford. HR1 2LX. **Phone:** 01432 261600 **Email:** housing.enquiry@herefordshire.gov.uk

Services offered: Assessment of entitlement to housing for people who are homeless or threatened with homelessness. Housing provided for people considered in priority need of housing. Temporary accommodation may be available while enquiries are made about eligibility. General housing advice and information for private and council tenants and homeless people.

Mental Health Support

Mental Health Helpline 0808 196 9127 (free phone 24 hrs a day 365 days a year). Provides urgent advice.

Call 999 or go to A&E now if:

- Yours or someone's life is at risk – for example, they have seriously injured themselves or taken an overdose.
- You do not feel you can keep yourself or someone else safe.

If you just need to talk, any time of day or night these services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

Suicide prevention line (Papyrus, Prevention of Young Suicide) HOPELINE247 - Call - **0800 0684141** or text - **88247**

Samaritans 116 123 to talk to, or email: jo@samaritans.org for a reply within 24 hours.

Shout Crisis TEXT "HERE" to **85258** to contact them.

Herefordshire Mind Safe Haven

Available every evening, 7 days a week, from 5 pm to 10 pm; call: **01432 372407** or email:

safehaven@herefordshire-mind.org.uk.

Supports people in crisis or need urgent support with their mental health. Safe Haven is a safe and friendly place that you can call and access mental health support and advice.

Citizen's Advice Bureau (CAB)

Call: 0344 826 9685 (Mon, Tues, Wed, Fri- 10-3pm)

Text: 0786 00 77 311 State (i) your name (ii) your postcode (iii) the type of advice needed (for example DEBT, HOUSING or BENEFITS).

Town Council offices- Bromyard 10-12 drop in fortnightly 6th and 20th September.

Hope centre, Bromyard- weekly, appointments needed- 01885 488 495

Ledbury foodbank and CAB -Wednesday and Friday morning 9-12 noon next to the train station.

Warm Spaces/Hubs

Hope Centre, Hereford Road on Tuesday from 3pm to 5pm

Bromyard Methodist church on Wednesday from 9-3pm

Ledbury Methodist church on Monday from 10-2pm

Foodbanks and Food shares

Bromyard Halo

07942 672077 call before 12 noon on Monday's and Wednesday's for delivery/collection Tuesday's and Thursday's.

Food share (behind big Co-op)

Tenbury road- Wednesday 2pm

Ledbury foodbank

Wednesday and Friday morning 9-12 noon next to the train station. Thursday evening 6-8pm

Colwall foodbank

Tuesday- 2-4pm at The Community Church.