

Support Required	Support Services
Crisis Helplines	<p align="center">Emergency Services – 999 or non-urgent 111</p> <p align="center">Samaritans – 116 123 https://www.samaritans.org</p> <p align="center">Livewell First Response – 0800 923 9323 https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/first-response-24-7-helpline</p>
Food Support	<p align="center">Trussel Trust – professionals can refer for a food voucher 01722 580 180 https://www.trusselltrust.org/get-help/find-a-foodbank/</p> <p align="center">Food Plymouth – a list of places people can go themselves for help https://foodplymouth.org/do-you-need-information-about-how-to-access-food/some-food-banks-can-give-food-without-a-referral/</p>
Energy Support	<p align="center">Plymouth Energy Centre https://plymouthenergycommunity.com/residents/frontline</p>
Befriending	<p align="center">The Silverline – 08004 708 090 https://www.thesilverline.org.uk</p> <p align="center">Plymouth Befriending – 07496 474357 https://www.facebook.com/Plymouth-Communities-Befriending-Consortium-300331400452872/about/?ref=page_internal</p> <p align="center">Eldertree – 01752 227 447 https://eldertreeplymouth.co.uk/</p>
Mental Health Support	<p align="center">Headspace – 07890 257 614 https://www.colebrooksw.org/head-space</p> <p align="center">Mind – 01752 512 280 https://devonmind.com</p>
Housing	<p align="center">Plymouth City Council Community Connectors Team – 01752 398 500 https://www.plymouth.gov.uk/communitiesandneighbourhoods/communityconnections</p> <p align="center">Shelter – 0808 800 4444 https://www.shelter.org.uk/</p> <p align="center">Homeless or threatened with homelessness – 01752 668 000</p>
Benefits Support and Debt Advice / Blue Badge Applications	<p align="center">Citizens Advice Plymouth – 08082 787910 freephone https://citizensadviceplymouth.org.uk/</p>
Healthy Lifestyles	<p align="center">One You Plymouth – 01752 437177 https://www.oneyouplymouth.co.uk/</p>
Domestic Abuse	<p align="center">Plymouth Domestic Abuse Service (PDAS) - 0800 458 2558 https://www.sanctuary-supported-living.co.uk/find-services/domestic-</p>

