

Resources for help during lockdown

General help and advice

Sheffield City Council helpline: 0114 293 0000. The Council has recently added a mobile number for people to access help; 07909 002926.

Information available at

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

Help by Category

Bereavement

Sheffield City Council has launched a new service to help people bereaved during Covid-19. The accredited service, an adult counselling helpline delivered in the city by Listening Ear, is available through a free phone number 0800 048 5224.

Domestic abuse

Freephone Domestic Abuse (IDAS) Helpline 8am – 7pm weekdays and 9-5pm on Saturdays 0808 808 2241. Email: info@idas.org.uk.

The National 24-hour Domestic Abuse helpline is: 0808 2000 247. Please bear in mind that helplines might be busy if so please email info@idas.org.uk

Webchat is available at www.idas.org.uk weekdays 3-6pm. They also offer Sanctuary Scheme measures for people experiencing harassment from an ex-partner or family member

IDAS will provide emergency face to face appointments where these are essential. For professionals needing advice, webchat is available at www.idas.org.uk 10am – 12 noon weekdays.

Sheffield Women's Aid refuges are open and are accessed via the Housing Solutions phone numbers: 0114 2736306 or 0800 7311 689 out of hours. Male victims needing support should also use these numbers to access safe accommodation.

For more information about Domestic Abuse and the Sheffield response around COVID 19 go to:
<https://sheffielddact.org.uk/domestic-abuse/uncategorized/domestic-abuse-and-covid-19/>

Advice for people who are worried about hurting someone else - Inspire to Change – www.inspiretochange.co.uk the programme for people who want to address their abusive behaviour is open and taking referrals – support can still be offered by telephone and email. An information leaflet is [here](#). #YouAreNotAlone

Women’s Aid, who hold a web chat between 10am and noon Monday to Friday

Mankind Initiative – for male victims of domestic abuse, their helpline 01823 334 244 is available Monday to Friday 10am to 4pm

Galop – LGBT+ anti-violence charity who can be contacted Monday to Friday between 10am and 5pm on 0800 999 5428. You can also make referrals online.

Karma Nirvana – support line available Monday to Friday between 9am and 5pm on 0800 599 9247. If you are in immediate danger, please dial 999. If you cannot speak for fear of being overheard, press ‘55’ and our operators will listen, make an assessment of the situation based on what they can hear and send the appropriate response.

Financial Help

Citizens Advice Line 03444 113 111 (Mon-Fri10-4)
getintouch@citizensadvicesheffield.org.uk By text 07860 026184

Sheffield Advocacy Hub 0800 144 8 444

Universal Credit Claimline 0800 144 8444 (Mon-Fri 8am -6pm)

Food and toiletries

Sheffieldfoodbank.org.uk (for help with accessing food, toiletries etc, and also to donate)

Homelessness/rough sleepers

If you are concerned about anyone who may be rough sleeping during [#covid19](#), please call Sheffield City Council on 0114 273 6306 for help. The number to call after 5pm is 0800 7311 689

Mental health

Email: MHGuide@Sheffieldflourish.co.uk. Visit:
www.sheffieldmentalhealth.co.uk/COVID. Tel 0114 273 7009 (weekdays 9-5)

IAPT continues to run seminars for people coping with long term mental health issues, and also has a short course on coping with CV19. See below for link.
<http://iaptsheffield.shsc.nhs.uk/coping-with-coronavirus/>

Victim Support Services

Contact: Ellen Hall, Engagement Officer. Working days are Monday to Thursday.
Phone: M: 07467 681081 Email: Ellen.Hall@victimsupport.org.uk. Victim Support,
Hackenthorpe Lodge, 126 Occupation Lane, Sheffield, S12 4PQ. Registered charity
no. 298028 | Company no. 2158780 | victimsupport.org.uk

Compiled by Gleadless Valley and Park & Arbourthorne Green Party