



Council for Voluntary Services Uttlesford

Tel: 01371 404474. Mon – Fri 9.00 a.m. – 4.30 p.m.



Homeless or at risk?

We're here for you. We offer advice to anyone in England aged 16-25. **Call us free on 0808 800 0661** (Monday-Friday, 9am-5pm). We can also help people worried about a young person they know.



Call Us On 01279 430 011 or Email: streets2homes@streets2homes.co.uk

Streets2Homes is a charity based in Harlow, Essex and we provide a day centre which seeks to reach out to and help homeless people. we can assist them in a number of ways including finding accommodation.

Nacro

WE CHANGE LIVES At Nacro, we work with a broad range of young people and adults across our education, resettlement and rehabilitation, health and wellbeing, and housing services. Visit: <https://www.nacro.org.uk/>

Tel: 0300 123 1999

Email: helpline@nacro.org.uk



Samaritans - TEXT 116 123



Shout (Give us a Shout) Text – 85258. Shout is the UK's first free 24/7 text service for anyone in crisis

anytime, anywhere.



NHS 111 Telephone: 111 Option 2 A 24-hour 7 days a week

telephone helpline for all health enquiries.



Women's Aid - 0808 2000 247

Free phone 24-hour National Domestic Violence

Helpline. Women's Aid is the national domestic violence charity that works to end violence against women and children.



CARA is a registered charity working with adults of all genders, young people (aged 13-19) and children aged 12 and under from

across mid and north Essex.

CARA - FIRST CONTACT NAVIGATORS

03000 037 777

or finding out more about Essex-wide services through www.synergysessex.org.uk



Non-judgemental, confidential advice and support for anyone under 18 years of age.

Call us for free on 0800 1111



Essex Wellbeing Service

The Essex Wellbeing Service supports people in the community and at work with a range of health, wellbeing and welfare needs. We help people access information and support to stay healthy, safe and well from help to quit smoking to supporting families adapt to 'new normal'. 0300 303 9988

Please also contact your local council and see what help they may be able to give you:

- Uttlesford (Dunmow, Saffron Walden and surrounding villages) – 01799 510 510
- Braintree District Council– 01376 552 525
- Chelmsford City Council – 01245 606 606



For advice and support regarding benefits and your legal rights, you can contact an adviser through our national phone Adviceline (England): [03444 111 444](tel:03444111444)