

# Bexley Helpline

020 3045 5398

8am-8pm, 7 days a week

London Borough of Bexley have a helpline to support you during this time.

If you need someone to get shopping, pick up other essentials or give information, guidance and advice please call the coronavirus helpline on 020 3045 5398.

There are hundreds of charities that can provide support; we've included a small number here but if you would like to find out more about the different charities and voluntary groups and how they can support your health and wellbeing, please contact Community Connect - Bexley's Social Prescribing Service.



0300 302 0041 (Mon-Fri, 9am-5pm)



communityconnect@bvsc.co.uk



www.communityconnectbexley.co.uk



## Useful Numbers

CAP Debt Advice  
0800 328 0006

Kooth - free online support for young people at [www.kooth.com](http://www.kooth.com)

Silverline 24 hour telephone befriending  
0800 4 70 80 90

Shelter housing advice  
0808 800 44 44

National Domestic Abuse helpline  
0808 2000 247

ManKind - Domestic Abuse helpline for men  
01823 334 244 (Weekdays 10am-4pm)

Mental Health Crisis Line  
0800 330 8590

Samaritans freephone  
116 123

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# Support in Bexley

How can Bexley's Voluntary  
Sector support you?



## Age UK Bexley

Services for older people  
**020 8300 0883**  
[www.ageuk.org.uk/bexley](http://www.ageuk.org.uk/bexley)



## Alzheimer's Society

Dementia advice and support  
**01322 524950**  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## BATS

Telephone support & prescription pick up for residents  
**01322 311 333**  
[www.bexleyct.co.uk](http://www.bexleyct.co.uk)

## Carers' Support

Support for Carers  
**020 8302 8011**  
[www.carerssupport.org](http://www.carerssupport.org)

## Bexley Mencap

Support for people with a learning disability and their families  
**020 8303 6336**  
[www.bexleymencap.org.uk](http://www.bexleymencap.org.uk)



## Citizens Advice

Advice for legal, financial and housing issues  
**01322 517 150**  
Mon-Fri 9:30am-3:30pm  
[www.bexleycab.org.uk](http://www.bexleycab.org.uk)



## Mind in Bexley

Talking therapies and support for Mental Health  
**020 8303 8932**  
[www.mindinbexley.org.uk](http://www.mindinbexley.org.uk)



## Counselling Matters

Low cost counselling  
**07498 377 305**  
[www.counsellingmattersbexley.org](http://www.counsellingmattersbexley.org)



## Re-instate

Employment retention support  
**01322 438 155**  
[www.re-instate.co.uk](http://www.re-instate.co.uk)



## Deaf Centre

Support for deaf & hard of hearing residents  
**01322 351 122**  
[www.bexleydeafcentre.com](http://www.bexleydeafcentre.com)



## Bexley Moorings

Befriending and virtual social group for ages 10-15  
**020 8304 9609**  
[www.bexleymooringss.co.uk](http://www.bexleymooringss.co.uk)



## Bexley Voice

Service for parent/carers of children with Special Educational Needs & Disabilities (SEND)  
**07512 409 936 (Thurs AM)**  
[www.bexleyvoice.org.uk](http://www.bexleyvoice.org.uk)



## Family Lives

Support for parents with a child under 5 years experiencing challenges  
**07739788120**  
[www.familylives.org.uk](http://www.familylives.org.uk)



## Bexley Women's Aid

Domestic abuse support for women  
**0208 301 1536**  
(Mon-Fri, 9:30am - 12:30pm)  
[www.bexleywomensaid.org.uk](http://www.bexleywomensaid.org.uk)



## Solace

Domestic abuse advice and support  
**0203 198 4659**  
[www.solacewomensaid.org](http://www.solacewomensaid.org)