



COMMUNITY HELP LINES.

NHS RESPONDERS (GOOD SAMs) FOR ALL PRACTICAL TASKS. (INCLUDES PATIENT
TRANSPORT VOLUNTEERS

8 AM – 8PM :08081963646

LEWES COMMUNITY HUB PHONE LINE (LDC) HAS NOW REOPENED : **01273 099956**

SEA FRIENDS /LISTENING EAR. TELEPHONE BEFRIENDING SCHEME; **01323 914689**

HAVENS COMMUNITY CARS (VOLUNTEER CAR DRIVERS) **9.30 AM – 3PM**
01273918226

EAST SUSSEX ADULT CARE (INCLUDING EMERGENCY DUTY SERVICE) **0345 608191**

EAST SUSSEX CHILDREN AND FAMILIES. **0345 6080192**
OUT OF HOURS: 01273 335905/6

NATIONAL DOMESTIC VIOLENCE HELPLINE. **08082000247**

SAMARITANS. **116123**

SHOUT (TEXT SERVICE FOR THOSE IN CRISIS) **TEXT 85258**

SILVERLINE (LISTENING SERVICE FOR OLDER PEOPLE) 24/7: **08004708090**

SUSSEX MENTAL HEALTH FOR THOSE IN CRISIS : **FREEPHONE 03005000101 (24/7)**

SWITCHBOARD LGBT SUPPORT 10 AM – 10PM : **03003300630**

SEAFORD CITIZENS ADVICE BUREAU: **01323 896209**