

Emergency contact numbers

Fire / Ambulance / Police: 999 or 112

Police Non-Emergency: 101

Gas Emergency: 0800 111 999

Thames water: 0800 714 614

Power Cuts: 105

Electrical Emergency: 0800 40 40 90

Hounslow Out of Hours Emergencies: 020 8583 2222

Hounslow Police Community Safety Unit: 020 8247 6583

Samaritans: 116 123

Samaritans offer a safe place to talk any time you like, on your own terms. Available 24/7

Childline: 0800 1111

Childline is a free, private and confidential service for children in distress. Aimed at anyone under the age of 19. Available between 7.30am and 3.30am

National Domestic Abuse Helpline: 0808 2000 247

This free Helpline offers confidential, non-judgmental information and expert support. It can also help you to access refuge accommodation, or other specialist domestic violence services, if you need them. Available 24/7

Shout 85258 (text SHOUT) giveusashout.org

Confidential 24/7 text service offering support if you are in crisis and need immediate help.

NSPCC: 0808 800 5000

Help for adults concerned about a child. Available: 24/7

Streetlink - www.streetlink.london/Streetlink_London_HomePage

StreetLink urgently connects adults experiencing homelessness with the local support and services available to them.

Other Important Services

Mental Health Support, Wellbeing and Prevention Team (SWAP): 020 8583 3003

Victim Support West London: 0808 168 9111 Available: 24/7

Women and Girls Network & Rape Crisis: 0808 801 0770

Men's Advice Line: 0808 801 0327

Southall Black Sisters: 020 8571 9595

National LGBT Domestic Abuse Helpline: 0800 999 5428

Family Lives Parenting Support Helpline: 0808 800 2222

PANDAS Foundation (Perinatal Mental Health): 0808 196 1776

Mind Infoline (Mental Health information and signposting service): 0300 123 3393

Emergency Food Support

If you have a query relating to a family in acute crisis or a child at risk of significant harm in Hounslow, please contact the Children's Front Door team on **020 8583 6600** (Option 2) or email **childrensocialcare@hounslow.gov.uk**

Hounslow Emergency food support services website: For details of all emergency food support services in Hounslow

The Trussell Trust: (not specific to Hounslow) Emergency food and support for people in need. Applicants will need a [voucher](#) from their referral agency first, so [find the nearest foodbank](#), and find out when their referral agency is open.

Local Food projects

Gurdwara Sri Guru Singh Sabha
1000 meals per day served. Meals
11am-7pm.

Alice Way, Hanworth Road, Hounslow TW3 3UA
khalsa@sgss.org 020 8577 2793

The Open Kitchen - free hot meals in
Hounslow
12pm-2pm and 6pm-8pm

514 Great West Road, Hounslow, TW5 0TE
maqsood.ahmed@muslimhands.org.uk
0115 911 7222

Debt advice, Homelessness

StepChange Debt Charity: 0800 138 1111

Offering free, confidential advice and support to anyone who is worried about debt.

National Debtline: 0808 808 4000.

Money Helper (previously Money Advice Service): 0800 138 7777

Open 8am–3pm on 24 December and 31 December and closed from 25 to 28 December and on 1 January.

Hounslow Homelessness Prevention: 020 8583 3942

MyIndependence@hounslow.gov.uk

Benefits information:

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>: This webpage is kept up to date with information from the Department for Work and Pensions relating to Universal Credit and the Coronavirus:

Ask CPAG (Child Poverty Action Group) is a [useful hub of information](#) compiled about coronavirus and what this means for receiving benefits which you can visit here, and find out about issues such as [Tax Credits and Coronavirus](#), and [Self Employment, Universal Credit and Coronavirus](#).

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