

Self-isolation
isn't always easy



Help is at hand

Open every day*, the **Hampshire Coronavirus Support and Helpline** is for anyone struggling to cope due to COVID-19 or because they are self-isolating.

*except Christmas, Boxing Day and New Year's Day.

TALK TO US:

0333 370 4000

(calls charged at local rate)



If you have COVID-19 symptoms or a positive test result, you must self-isolate. The Hampshire Coronavirus Support and Helpline is for anyone struggling to cope due to COVID-19 or because they are self-isolating.

We can signpost to information, advice and relevant services who offer support with a range of issues, such as:

- Where to find help in the community
- Debt and money worries
- Emotional support in partnership with mental health charity MIND
- Practical help when self-isolating, such as collecting essential supplies

This service is for people living in Hampshire. Calls from Southampton, Portsmouth or Isle of Wight residents will be signposted to their local support numbers.

Opening hours

Monday to Saturday: 9am to 6pm

Sunday and bank holidays: 9am to 4pm



Christmas opening hours

Christmas Day, Boxing Day and New Year's Day: Closed

Monday 27 and Tuesday 28 December: 9am to 4pm



For more information visit
hants.gov.uk/covid-helpline