

Emergency		Help and Information	
Emergency Ambulance/Fire/Police	999	Age Concern Tyneside South	0191 456 6903
<u>Floods</u>	0345 988 1188	<u>GOV.UK</u>	
<u>Gas leaks</u>	0800 111 999	<u>Let's Talk Team</u> (Adult Social Care)	0191 424 6000
<u>Loss of electricity</u>	0800 668 877	Police (Non-emergency)	101
<u>Water leak</u>	0800 393 084	Social Care (Out of Hours)	0191 456 2093
<u>Domestic violence</u> (helpline)	0800 2000 247	<u>South Tyneside Council</u>	0191 427 7000
Addiction		Mental Health	
<u>Drug and alcohol problems</u>	0191 917 1160	<u>CALM</u>	0800 58 58 58
<u>National Gambling Support</u>	0808 80 20 133	Lifecycle Urgent Contact	0303 123 1145
		<u>Samaritans</u>	116 123
		<u>South Tyneside Lifecycle</u>	0191 283 2937
Health & Wellbeing		Foodbanks	
<u>Change4Life</u>		<u>Hebburn Help</u>	0191 489 9707
<u>HealthWatch</u>	0191 489 7952	<u>Hospitality and Hope</u>	0191 420 3336
NHS Information and Advice	111	<u>Key 2 Life Foodbank</u>	07833 613393
<u>South Tyneside District Hospital</u>	0191 404 1000		
<u>South Tyneside Sexual Health</u>	0191 402 819		

