

looking  
for  
a little  
help?

 **CORONAVIRUS**  
Support for  
Communities



# CORONAVIRUS Support for Communities

## Looking for a little help?

COVID-19 has had a significant impact on all of us. You may find yourself in uncertain circumstances, and facing new difficulties or hardships.

**Remember, it's OK not to be OK.  
You are not alone, and help is available.**

## I'm worried about money

- I'm struggling to pay my bills
- I've lost my job
- I've less money coming in
- I'm worried about my credit card payments
- I'm choosing between food and fuel

**Shetland Islands Citizens Advice Bureau** - provide advice on money issues, and offer help to tackle debts, reduce your energy costs and get access to grants and benefits. If you've lost your job or had a cut in your income, you can get a Benefit Check to see if you are entitled to extra help. CAB advisers can help you apply for benefits and appeal decisions.

 01595 694696     [sicab@shetland.org](mailto:sicab@shetland.org)

If you are experiencing urgent and immediate hardship please call the Support Hub.

 0800 030 8780     [covid19support@shetland.gov.uk](mailto:covid19support@shetland.gov.uk)

## I can't get the food I need

- I've recently been hungry, and not had food to eat
- I can't afford it
- I can't get to the shops and have no friends or family to help
- I don't have transport or am worried about using public transport

**Shetland Support Hub** - staff can connect you with the help you need, shopping collection services, or food bank referrals.



0800 030 8780



covid19support@shetland.gov.uk

## I'm feeling lonely or isolated

- I don't have family or friends to support me
- I can't keep in touch because I don't have the technology or a good internet/phone signal
- I'm struggling with the restrictions
- I'm feeling anxious, worried or overwhelmed
- I'm worried about a relative, friend or neighbour

**Mind Your Head** - offers phone, email or messaging support to anyone struggling with their mental health. Can signpost and refer to other help.



01595 745035



mindyourhead@shetland.org



www.mindyourhead.org.uk/contact

**Shetland Befriending Scheme** - offers a telephone service for anyone feeling lonely or isolated.



01595 743907



lynn.tulloch@shetland.org

**Shetland Library and Adult Learning:** can help you get online and use digital devices, e.g. video calling to keep in touch with friends and family. Drop them an email or phone and a member of staff will call you back as soon as possible.

**Library**



01595 743868



shetlandlibrary@shetland.gov.uk

**Adult Learning**



01595 743888




adult.learning@shetland.gov.uk

# I'm not feeling well I'm concerned about someone

**Health:** contact your local GP or call 111. In the case of an emergency call 999.

Covid-19 has put additional strain on domestic abuse victims. If you, or someone you know is in need of help the following services can assist.

In an emergency call 999, or 111 for non-emergencies.

**Shetland Women's Aid**  01595 692070 / 07867 300 565 / 07810 796 556


 office@shetlandwa.org  www.shetlandwa.org

**Shetland Rape Crisis**  01595 747174

RCS Helpline  08088 01 03 02 (6pm-midnight)

 contact@shetlandrapecrisis.scot

**Duty Social Work for children and young people (up to age 18)**

 01595 744420

**Duty Social work for Adults**  01595 744468

## Information about Council Services


If you would like information about any of the Council's services phone

 01595 693535 and ask to be put through.

Their website is here - [www.shetland.gov.uk/](http://www.shetland.gov.uk/)

## National Support Line

If you would prefer to talk to someone outside Shetland, you can call the National Assistance Helpline on

 0800 111 4000



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ISLANDS COUNCIL

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