



TELEPHONE SUPPORT

We know social isolation is hard on the soul. It doesn't matter if you are still struggling with your substance use, or are in recovery, being alone is difficult and can bring up all sorts of negative thoughts, cravings, and unwelcome feelings. At Build on Belief, we understand that all too well. As a charity full of people in recovery, we too are fighting our own battles with cabin fever. We have therefore decided to provide a telephone support service, and lend a helping ear to anyone who needs a friendly soul to chat to.

We will make sure that five of our staff are available between the hours of **9.00am and 5.00pm, seven days a week for the duration of the coronavirus lock down.** If you look below, you will find the names and telephone numbers of people you can ring on any given day.

A few ground rules, if we may.

- Firstly, this is **not an emergency service** and we may not be in a position to help you if you are in a crisis.
- Please only ring the staff members listed as being available on that particular day.
- Please do not ring outside of the hours mentioned above. We will not answer if you do.
- Please be polite. Our staff are in recovery too, and while they are happy to chat to you, they are not there to be abused, shouted at, or otherwise hassled.

	Female support	Phone number	Male support	Phone number
Monday	Linda Chan Helen Hayden Sofia Carreiro	07872 002251 07872 002248 07872 002246	Eugene Ebrill Liam Harte	07872 002245 07739 796045
Tuesday	Linda Chan Helen Hayden Sofia Carreiro	07872 002251 07872 002248 07872 002246	Barry Forest Liam Harte	07872 002247 07739 796045
Wednesday	Linda Chan Helen Hayden Sofia Carreiro	07872 002251 07872 002248 07872 002246	Barry Forest Johnny Foster	07872 002247 07783 422089
Thursday	Kay France Helen Hayden Sofia Carreiro	07739 796047 07872 002248 07872 002246	David Hibbert Johnny Foster	07772 238983 07783 422089
Friday	Kay France Helen Hayden Sofia Carreiro	07739 796047 07872 002248 07872 002246	David Hibbert Rob Demacque	07772 238983 07948 626633
Saturday	Linda Chan Linda Rose	07872 002251 07703 068136	Rob Demacque Sam Taylor Eugene Ebrill	07948 626633 07379 005449 07872 002245
Sunday	Kay France Linda Chan Linda Rose	07739 796047 07872 002251 07703 068136	David Hibbert Kevin McAleer Sam Taylor	07772 238983 07786 648039 07379 005449