

Dear Guest,

We hope you have a pleasant stay at the Holiday Inn.

However, Soroptimist International Kenilworth & District recognise that quarantine can be a stressful and anxious time for you and your family.

If you feel isolated or something is worrying you, there are many organisations out there offering free and confidential advice and support who will be glad to assist you.

Here is a list of some telephone numbers and websites that you may find useful:

24 hour helplines providing free, confidential emotional support to residents of Coventry & Warwickshire and Solihull & Birmingham. The helpline staff are highly skilled, trained and compassionate and are there to help you:

<p>Coventry & Warwickshire Freephone Helpline 0800 616 171 www.mhm.org.uk/coventry-warwickshire-helpline</p>	<p>Solihull & Birmingham: Freephone Helpline 0800 915 9292 https://www.bsmhft.nhs.uk/</p>	<p>National 24-Hour Helpline Samaritans Call free on 116 123 or text SHOUT 85258 https://www.samaritans.org/</p>
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If you're a victim of harassment, domestic abuse or sexual violence and wish to talk to a female adviser:

<p>National Domestic Abuse Helpline: Freephone 24-Hour 0808 2000 247 www.nationaldahelpline.org.uk</p>	<p>Rape Crisis: Freephone helpline 0808 802 9999 12-2.30pm and 7-9.30pm every day of the year https://rapecrisis.org.uk/</p>
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If you are being held against your will, or have suspicions someone else is call the police on 999. If you wish to remain anonymous you can call either:

<p>Crimestoppers Freephone 0800 555 111 https://crimestoppers-uk.org/</p>	<p>Modern Slavery Helpline Freephone 08000 121 700 https://www.modernslaveryhelpline.org/</p>
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For advice on debt, access to benefits, employment, housing, immigration and visa issues:

Citizens Advice: Free Adviceline (England) **0800 144 8848** Debt Helpline **0800 240 4420**
Or contact the chat line_on: <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service//>

999 Emergency	111 National non-emergency medical number
112 Emergency number - will work on any mobile phone anywhere in the world	101 Non-emergency number for the police

If you're a victim of crime or you witness a crime being committed - Call 999 and try to speak to the operator if you can, even by whispering. You may also be asked to cough or tap the keys on your phone to answer questions. All the numbers shown above are free to call.

999 From a mobile	999 From a Landline	112 Emergency number (international)	101 Police non-emergency number	111 Medical non-emergency number
<ul style="list-style-type: none"> • If you don't speak or answer questions, press 55 when prompted and your call will be transferred to the police • Pressing 55 only works on mobiles and doesn't allow the police to track your location. If you don't press 55 your call will be ended. 	<ul style="list-style-type: none"> • If you don't speak or answer questions and the operator can only hear background noise, they will transfer your call to the police • If you replace the handset, the landline may remain connected for 45 seconds in case you pick it up again. • Calling 999 from a landline automatically gives the police information about your location. 	<ul style="list-style-type: none"> • This operates like 999 and directs you to the same emergency call centre. 112 will work on a mobile phone (even if locked) anywhere in the world. So, on your next foreign holiday, you don't need to make a note of the emergency number for the country you visit; you just need 112. • An EU requirement is that emergency call centres must provide a translations service. In the UK, 112 also works on landline phones. 	<ul style="list-style-type: none"> • Use 101 when you want to contact the police, but it's not an emergency – i.e., an immediate response is not necessary and/or will not serve any purpose. For example, your car has been stolen. 	<ul style="list-style-type: none"> • This is available nationwide and replaced and expanded on the former NHS Direct service. Use this for illnesses and minor injuries where life isn't threatened, but you would like some advice on what to do next.

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FOR **WOMEN!**