



# Need help whilst self-isolating?

Don't have access to the internet or social media?

Or do you know someone who needs help whilst self-isolating?

These are the numbers you can call for help in this area:-

Warwickshire County Council Hotline (for support and help)

**0800 408 1447**

Warwick & Leamington Covid Mutual Aid Team

**01926 674065**

There is a lot of support out there but it's knowing where to find it, these people can point you in the right direction so please give them a call if you need help.