



US CHESD
CAN OFFER
HELP TO ALL
THOSE WHO
ARE SEEKING
SUPPORT,
GUIDANCE OR
SIMPLY
STRUGGLING
TO COPE.

THE US CHESD HELPLINE IS HERE FOR YOU

NEED SUPPORT
IN THESE
CHALLENGING
TIMES?



020 8343 5696

HELPLINE@THEUS.ORG.UK

The helpline is available from

MONDAY – THURSDAY (9AM – 5PM) FRIDAY (9AM – 1PM)

Outside of these hours please leave us a message
and we will get back to you.



PRACTICAL SUPPORT

If you are struggling with the cost of food, toiletries, or household goods – or find it difficult to cook for yourself.



EMOTIONAL SUPPORT

If you need somebody to listen in a non-judgemental way and offer support and guidance.



SPIRITUAL SUPPORT

If you or one of your loved ones requires Chaplaincy services or spiritual guidance.