

## Top Tips to think about when someone offers you help

### Do

- Seek help if you think you need it - there is a list of useful numbers at the end of this poster
- Let someone know if you are self isolating alone or in a couple - call a friend or neighbour or a local organisation that you know if you need help.
- Healthwatch Stockport can put you in touch with local organisations and community groups who can provide daily telephone calls and other services to check how you are doing
- Call a trusted known organisation from the list below for extra help - they can put you in touch with checked and trusted staff and volunteers in your area
- Appreciate people are trying to help, but be aware and double check any information you are not sure about. Take time to think about what you need and who from.
- Call NHS 111 if you feel very ill or visit <https://111.nhs.uk/covid-19> for up to date information about Coronavirus and what to do
- Be mindful that this crisis may last a long time and if your situation changes over the coming weeks, do not hesitate to get in contact with local organisations that can help

### Don't

- Provide your bank details to someone you do not know
- Give your bank card and Pin number to someone you do not know
- Give large amounts of cash to someone you do not know
- Provide anyone with a signed blank check
- Try and cope alone - we all need help sometimes, call one of the organisations below
- Feel you have to accept a strangers help, stop and think about how genuine the offer is

### Useful Numbers:

- |                          |               |
|--------------------------|---------------|
| ● Age UK Stockport       | 0161 480 1211 |
| ● Signpost for Carers    | 0161 442 0442 |
| ● Disability Stockport   | 0161 480 7248 |
| ● Stockport Mind         | 0161 480 7393 |
| ● Healthwatch Stockport  | 0161 974 0753 |
| ● Citizens Advice Bureau | 0300 330 9075 |