

Health

ALCOHOLICS ANONYMOUS 713480

www.cwgsy.net/community/aa_guernsey

Help and advice to anyone who wishes to stop drinking alcohol.

BEREAVEMENT COUNSELLING 251056

www.thisisguernsey.com/bereavement

A free confidential bereavement counselling service.

CHEST & HEART UNIT 237261

www.chestandheart.org.gg

A free health check (including blood pressure and cholesterol) for anyone aged 25 to 70 years.

CONTRACEPTIVE SERVICES 714954 or 07781

www.familyplanning.gg

Contraceptive advice and help, pregnancy testing. 103434

SEXUAL HEALTH SERVICES 707707

Confidential service dealing with all sexual health matters.

DRUG CONCERN 729000

A free service for anyone affected by drug misuse.

GUERNSEY ALCOHOL AND DRUG ABUSE COUNCIL (GADAC) 723255

Help for people with alcohol and drug abuse problems.

HEALTH & SOCIAL SERVICES DEPT 725241

All Guernsey hospitals and health services.

HEALTH INFORMATION EXCHANGE 707470

www.informationexchange.com

Support and advice on health-related matters, including support for carers. Also practical help when organising attendance at medical appointments in the UK.

HEALTH PROMOTION UNIT 707311

www.guernseyhealthpromotion.com

Information on healthy lifestyle choices.

MIND 722959

Support for people with mental health problems.

QUITLINE 233170

Support and help to give up smoking.

www.gsyquitline.com

ST JOHN EQUIPMENT HIRE 729268

Loan of specialist medical equipment.

Housing

HOUSING DEPARTMENT 717000

www.gov.gg/ccm/navigation/housing

"Right to Work", housing licences. 715790

GUERNSEY HOUSING ASSOCIATION 245530

www.gha.gg

Provider of social housing.

MAISON ST PIERRE 234456

Short-term housing for homeless mums and young children.

SARNIA HOUSING 715688

Housing help for homeless families.

Other States Departments

STATES DEPARTMENTS - ENQUIRIES 717000

Including Environment, Public Services and Housing.

POLICE - Non-emergency help 725111

Domestic abuse 719458

Child protection. 719457

SOCIAL SECURITY DEPARTMENT 732500

enquiry@ssd.gov.gg

Advice on States benefits, pensions and allowances.

Advice and Support



CITIZENS ADVICE BUREAU 242266

www.cabguernsey.org.uk

Advice on wide range of topics: money, rights etc.

OPTIONS 732299

www.domesticviolenceguernsey.com

Domestic abuse forum help line.

RELATE 730303

www.relate.org.gg

Marriage and relationship counselling service.

SAMARITANS 715515 or 0845

A non-judgemental listening service for people in any type of emotional distress. 7909090

VICTIM & WITNESS SUPPORT 713000

Support for those affected by crime, either as a victim or a witness.

WOMENS AID 07781

Advice and support within the community to women and children who have experienced abuse and violence (answerphone). 133321

WOMENS REFUGE 721999

Support, help and short-term emergency accommodation for women in an abusive relationship.

FUN FAMILY ACTIVITIES

BEAU SEJOUR LEISURE CENTRE 747200
Sporting and leisure facilities for all the family.

GUERNSEY BUS SERVICE Info line
www.icw.gg 12021 or
Bus service provided by Island 720210
Coachways.

LIBRARY SERVICES 720392
www.library.gg
Guille Allés Library, St Peter Port.

Western Community Centre Library 267319
(Wed am), St Peter's.

Roseville Community Library (Mon am) 720382
Petit Bouet, St Peter Port.

Guille Allés pre-school story time 720392
(pre booking essential).

MALLARD CINEMA COMPLEX 266366



TOY LIBRARY No telephone
Youth Service, Brock Road number.
Free toy loan service, including toys for
children with special needs. Open to all,
1st and 3rd Wednesday in every month,
1.30 - 3.30pm.

TOURIST INFORMATION CENTRE 723552
Information about museums and leisure
activities in the Bailiwick of Guernsey.

YOUTH SERVICE 715363
Brock Rd, St Peter Port
Information about youth activities and
uniformed organisations on the Island.
Also information about holiday play-
schemes.

HELP & ADVICE ABOUT CHILDREN

CHILDREN'S DENTAL SERVICE 707427
Princess Elizabeth Hospital
Information and advice.

CHILD HEALTH SERVICES 725241
Lukis House
For Health Visitors, School Nurses,
Baby Clinics etc.
Parent/Carer and Toddler Groups

EARLY YEARS SERVICES 729329
For information about:
Nurseries
Childminders
Crèches
Pre-school groups

GUERNSEY DEAF CHILDREN'S SOCIETY 248163
Support and help for families with a deaf child.

GUERNSEY SPECIALS GYM CLUB 710446 or
Gymnastics club for children and young people 07781
with special needs. 106360

HOME-START 720382
www.home-start.org.uk
Home-visiting service for families, offering
support and friendship.

NSPCC 723224
Support and advice for children at risk of cruelty.

EDUCATION DEPT 710821
www.education.gg
Help, advice and contacts for all education
matters.

SUNFLOWER TRUST 725241
Support & counselling for children & teenagers
coping with serious illness & bereavement.

WIGWAM GROUP 248305
Support for families and carers of disabled
children.

IS THERE ANYBODY OUT THERE?



LOCAL HELP AND ADVICE FOR PARENTS AND CARERS

Are you a parent or carer,
new to the island, or just
needing a little help, advice
or support?

This leaflet is designed to
give you information about
what is available on the
Island and where to go
when seeking help.