



Reform Judaism

Emotional Support during the Coronavirus/COVID-19 Crisis

Here are some services offering support by phone:

Samaritans:

24 hours a day, 7 days a week

116 223

jo@samaritans.org

Jewish Helpline:

Sunday – Thursday: Midday to Midnight

Friday: Midday to 3pm

0800 652 9249 / 020 3096 2875

A comprehensive list of support organisations is available [on our website](#)

Reform Judaism is offering informal group support online: Corona, coffee and care

11.00 – 12.00 from Monday – Thursday

[You can join here](#), or you can also join from a phone by dialling 0203 481 5237 and enter meeting ID **738-454-9476**. If joining by phone, you will only be able to hear the content and interact verbally - you won't be able to view the content. If you would like help learning how to use Zoom, the online system we are using, please contact [Sharon](#)

Individual Support

If you feel you need more support we may be able to put you in contact with a Counsellor or Therapist who can offer low-cost phone support at this time. We also have Rabbis able to offer some pastoral support by phone/online. If you would like to find out more, or to offer support via this service, please contact [Sharon](#).