

# Kingston Stronger Together

## How to get help from Kingston Council



 	<p>If you need help because of Coronavirus, you can contact Kingston Council.</p>
 	<p>You can contact them by phone or online.</p>
     	<p>This help is for people who live in Kingston borough and are staying at home.</p> <p>This could be because you or someone you live with has symptoms of the coronavirus.</p> <p>It could also be because you have got a letter from the NHS telling you to stay home for 12 weeks.</p>



Kingston Council will also be able to help you if your friends or family are not able to.



Kingston Council is calling people who need the most help so you may get a phone call from them.



If you or someone you know needs help, please fill in this [online form](#) (you have to click on the blue link) or find Kingston Stronger Together on the council website:

[www.kingston.gov.uk](http://www.kingston.gov.uk)



You may want to ask someone to help you fill in the form.

You can fill in the form at any time.



Kingston Council will then contact you to find out how they can help you.



You can also phone Kingston Council on 020 8547 5000 if you are not able to go online.

Please call between 9am to 5pm, Monday to Friday.



If your call is urgent, someone will answer and help you outside of these hours.

**Please only call before 9am or after 5pm if it is urgent.**



You may want to keep this information for later if you do not need help now.



For questions about your health please contact the NHS on [111.nhs.uk](https://111.nhs.uk) or on 111.

Connected  
 Kingston



You can also visit [Connected Kingston](#)

There is information on help with getting food, money, support with work, and looking after your body and your feelings at this time.