**What if I need to talk to someone before I can get support?**

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| https://cdn.shopify.com/s/files/1/0606/1553/products/Chi-ling-Phone-Upset_large.png?v=1422827021  [https://cdn.shopify.com/s/files/1/0606/1553/products/Time-2-00_compact.png?v=1494011985](https://www.photosymbols.com/products/clock-02-00)  [https://cdn.shopify.com/s/files/1/0606/1553/products/Time-11-00_compact.png?v=1494062020](https://www.photosymbols.com/products/clock-11-00)  [https://cdn.shopify.com/s/files/1/0606/1553/products/Time-8-30_compact.png?v=1494060151](https://www.photosymbols.com/products/clock-08-30)  [https://cdn.shopify.com/s/files/1/0606/1553/products/Time-6-00_compact.png?v=1494015811](https://www.photosymbols.com/products/clock-06-00) | At SARSAS we have a phone support helpline.  You can call if you want someone to talk to.  **Phone**: 0808 801 0456  The helpline is open  **Monday & Friday**  11am – 2pm  **Tuesday, Wednesday, and Thursday**  6pm – 8:30pm |
| A picture containing text, monitor  Description automatically generated | Email support  **support@sarsas.org.uk**  We also have email support so you can write to us for help. |
| A person holding a cell phone  Description automatically generated with medium confidence | Live Chat support  This is sometimes called text chat.  You can message us on live chat for help.  You can find this on our website [www.sarsas.org.uk](http://www.sarsas.org.uk) |