

## Helplines

### **CRISIS AND MENTAL HEALTH**

The Samaritans: 116 123  
Shout: text to 85258 (24/7 crisis text line)  
MIND: 0300 123 3393  
CALM: 0800 58 58 58 (prevention of male suicide)  
The Military Mental Health Helpline: 0800 323 4444

### **CHILDREN AND YOUNG PEOPLE**

Young Minds:  
young person 0808 802 5544 (parents' helpline - child and  
mental health and wellbeing)

Childline:  
young adults) 0800 1111 (support for children, teens and

Papyrus:  
young suicide) <https://www.papyrus-uk.org/> (prevention of  
0800 068 41 41

PAC-UK:  
agency): <https://www.pac-uk.org/> (adoption support

STOP IT NOW: 0808 1000 900 (support for child abusers)

### **OLDER PEOPLE**

The Silver Line: 0800 470 8090 (free confidential 24hr helpline)

### **EATING DISORDERS**

BEAT: 0808 801 0677

### **BEREAVEMENT**

The Bereavement Counselling Charity: 07827 491902 (East Hampshire)  
The Princes Royal Trust for Carers: 01264 835246 (Hampshire)  
Winston's Wish: 08088 020 021 (childhood bereavement)  
Cruse: 0333 252 9152  
SOBS UK: 0300 111 5065 (survivors of bereavement by  
suicide)

### **DISCRIMINATION**

Equality Advisory Support Service: 0808 800 0082

## **VIOLENCE AND ABUSE**

Refuge: [www.refuge.org.uk](http://www.refuge.org.uk) (domestic, sexual and honour-based violence, FGM, human trafficking, modern slavery)

National Domestic Violence Helpline: 0808 2000 247

IDAS: 03000 110 110 (sexual violence support)  
<https://idas.org.uk/>

### **Rape**

Survivors UK: 020 3322 1860 (text) or 074 9181 6064 (What's App)  
(Male rape and sexual abuse):

The Survivor's Trust: 0808 801 0818 (rape and sexual abuse)

## **RELATIONSHIP ISSUES**

Relate: 0300 100 1234

### **ADDICTION**

Alcoholics Anonymous: 0800 9177 650  
Gamblers Anonymous: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)  
Narcotics Anonymous: 0300 999 1212  
Talk to Frank: 0300 123 6600 (recreational substance advice for young people)

## **LGBT+ SUPPORT**

Switchboard: 0300 330 0630