

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

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

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

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

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 (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
Narcotics Anonymous: 0300 999 1212
Talk to Frank: 0300 123 6600 (recreational substance advice for young people)

LGBT+ SUPPORT

Switchboard: 0300 330 0630