

## HELPLINES AND SUPPORT AGENCIES

(current as at 28<sup>th</sup> November 2019)

[Samaritans](#) (website) and Freephone Telephone Helpline: 116 123 (24 hours/365 days a year) for people experiencing distress or despair, including suicidal feelings.

[CALM](#) website and Telephone Helpline: 0800 585858 (works to prevent male suicide and offers support to men struggling or in a crisis).

[Papyrus](#) website and Telephone Helpline: 0800 068 4141 (support for under 35's experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide).

[Mind](#) website and Telephone Helpline: 0300 123 3393 (Support for those experiencing mental health issues).

[Young Minds](#) website and Telephone Helpline: 0808 802 5544 (information about different mental health issues)

[Frank](#) website and Telephone Helpline 0300 123 6600 (for advice and information on drugs and substance misuse).

[Mencap](#) website and Telephone: 0808 808 1111 (Provides information and advice for people with a learning disability, their families and carers)

<https://www.womensaid.org.uk/information-support/> Information and support on domestic abuse (Women's Aid).

National Domestic Violence Helpline – 0808 2000 247 (24 hours)

[Rape Crisis](#) website and Helpline: 0808 802 9999 (12-2:30 and 7-9:30) – National organisation offering support and counselling for those affected by rape and sexual abuse.

[NSPCC](#) website (includes information on grooming)

NSPCC Helpline: 0808 800 5000 (Mon-Fri 8am-10pm, 9am-6pm at weekends) – help, advice and support to parents, professionals and families.

[Childline](#) website and Telephone Helpline: 0800 1111 (counselling service for children and young people. 1-2-1 chat with a counsellor also available online).

[Action for Children](#) website and Telephone: 01923 361 500 (Charity supporting children, young people and their families across England).

[Action on Elder Abuse](#) website and Telephone Helpline: 080 8808 8141 (working to protect and prevent the abuse of vulnerable older adults).

[Age UK website](#) and Telephone Helpline: 0800 169 2081 (Age UK works to improve later life for everyone by providing life-enhancing services and vital support).