

NATIONAL HELPLINES AND SUPPORT AGENCIES

- [Safe Spaces](#) – a free, independent support service, run by Victim Support, for survivors of church related abuse. Telephone: 0300 303 1056. WebChat available via [website](#).
- [Samaritans](#) Freephone Helpline: 116 123 (24 hours/365 days a year) for people experiencing distress or despair, including suicidal feelings.
- [CALM](#) Helpline: 0800 585858 (works to prevent male suicide and offers support to men struggling or in a crisis).
- [Papyrus](#) 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](#) Helpline: 0300 123 3393 (Support for those experiencing mental health issues).
- [Young Minds](#) Helpline: 0808 802 5544 (information about different mental health issues)
- <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)
- [Men's Domestic Abuse Helpline](#) – 0808 801 0327 (Mon-Fri 9am-8pm)
- [National LGBT+ Domestic Abuse Helpline](#) – 0800 999 5428 (Mon-Fri 10am-5pm) Wed/Thu until 8pm)
- [National Stalking Helpline](#) - 0808 802 0300 (Mon-Fri 9.30am-4pm, Wed 9.30-8pm)
- [Rape Crisis Helpline](#) - 0808 802 9999 (12-2:30pm and 7pm-9:30pm) – National organisation offering support and counselling for those affected by rape and sexual abuse.
- [NSPCC](#) (National Society for the Prevention of Cruelty to Children) Helpline: 0808 800 5000 (Mon-Fri 8am-10pm, weekends 9am-6pm or online reporting 24 hours) – support and advice to parents, professionals and families or if you are worried about a child.
- [Modern Slavery and Exploitation](#) Helpline 08000 121 700 (open 24 hours, 365 days a year)
- [Childline](#) Helpline: 0800 1111 (open 24 hours, 365 days a year). Counselling service for children and young people. 1-2-1 chat with a counsellor also available online.
- [Action for Children](#) Telephone: 01923 361 500 (Charity supporting children, young people and their families across England).
- [Action on Elder Abuse](#) Helpline: 0808 808 8141 (working to protect and prevent the abuse of vulnerable older adults).
- [Age UK website](#) Helpline: 0800 169 2081 (Age UK works to improve later life for everyone by providing life-enhancing services and vital support).
- [Frank](#) Helpline 0300 123 6600 (for advice and information on drugs and substance misuse).
- [Mencap](#) Helpline: 0808 808 1111 (Provides information and advice for people with a learning disability, their families and carers)

LOCAL HELPLINES AND SUPPORT AGENCIES

- [Hampshire Domestic Abuse Service](#) – 03300 165 112
- **PIPPA** (Southampton area) Helpline – 02380 917 917 (Mon-Fri 9.30am-4.30pm) - for anyone experiencing domestic abuse. Referrals for those who need specialist support (Southampton area).
- [Yellow Door](#) (Southampton/West Hampshire area) Helpline - 02380 636 312 (every Wednesday 4pm-7pm) Emotional support and follow-up services to victims of sexual violence and abuse.
- [PARAGON](#) (formerly You First) integrated domestic abuse service (Dorset) Helpline – 0800 032 5204
- [No Limits](#) (Southampton) – 02380 224 224 (advice, advocacy and support for children and young people under 25)
- Young People Crisis Line (Hampshire) – 0300 303 1590 (Mon-Thurs 3pm-8.30pm). Telephone support for children aged 11-17 in Hampshire experiencing a mental health crisis.
- [East Hampshire Mind](#) – 02392 498916 (office hours) for those experiencing difficulty with their mental health or wellbeing.
- [Connect to Support Hampshire](#) – online information and directory of services for adult residents in Hampshire.