

National Support Services



Samaritans – available 24/7, 365 days a year

- Call 116 123 from any phone for free
- Email jo@samaritans.org (response time 24 hours)

NHS 111 - If you have a medical concern, call **111** for free & speak to trained advisors

Shout – confidential 24/7 text support for anyone in a mental health crisis Text “SHOUT” to 85258

Heads Together – support mental health problems : www.headstogether.org.uk/get-support/

Talk to Frank – 24/7 service available for support and information about drug use

- Call 0300 123 6600 - Interpreters available for 120 languages
- Text 82111 – cost of a standard text message
- You can also email or join live chat from 2-6pm, 7 days a week at www.talktofrank.com/

CRUSE Bereavement Care - All calls are answered by trained Cruse volunteers.

- Freephone number is 0808 808 1677
Open every day : **9:30am–5pm**
Open Christmas Eve/Christmas Day/Boxing day/New Year’s Eve/New Year’s Day : **9:30am–8pm**
- Advice available on their website for coping with Christmas - <https://www.cruse.org.uk/get-help/about-grief/anniversaries-and-reminders-when-you-are-bereaved/coping-at-christmas>

National Domestic Abuse Helpline, run by Refuge – available 24/7 (for women)

- Call free on 0808 200 0247 – many different languages available
- Go to www.nationaldahelpline.org.uk to access support online

Rape Crisis (for women)

- Call free on 0808 802 9999 between 12-2.30pm and 7-9.30pm 365 days a year
- Go to www.rapecrisis.org.uk for live chat or to find the nearest Rape Crisis centre

Galop (for lesbian, gay, bisexual and transgender people)

Call free on 0800 999 5428 or go to www.galop.org.uk

Men’s Advice Line

Call free 0808 801 0327 Mon/Wed **9am-8pm**, Tue/ Thu/Fri **9am-5pm** or www.mensadviceline.org.uk

National Debt Line - online advice and live web chat available at;

www.nationaldebtline.org/EW/Pages/Christmas-tips.aspx

Citizen’s Advice - call 03444 111 444 Monday to Friday 9am to 5pm

Or go to <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/> for live chat