Most of the helpful contacts below are national numbers. Be sure to make your own list by using the blank template provided of local helplines and support centres.

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| --- | --- | --- | --- |
| **Company** | **Phone No** | **Website** | **Signpost for** |
| **Samaritans** | 116 123 | [www.samaritans.org](http://www.samaritans.org/) | People experiencing emotional distress or suicidal thoughts |
| **Hub of Hope [App]** | Download from the App Store | [www.hubofhope.co.uk](http://www.hubofhope.co.uk) | An app which finds local mental health support based on a user’s location |
| **Mind** | 0300 123 3393 | [www.mind.org.uk](http://www.mind.org.uk/help/advice_lines) | Mental health support |
| **Anxiety UK** | 03444 775 774 | [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) | Help and resources for people with anxiety disorders |
| **Minds Matter** [Lancashire only] |  | [www.lancashirecare.nhs.uk/Mindsmatter](http://www.lancashirecare.nhs.uk/Mindsmatter) | Self-refer for mental health support and therapy |
| **Men’s Advice Line** | **0808 801 0327** |  | Helpline for male victims of domestic violence |
| **Childline** | 0800 1111 | [www.childline.org.uk](http://www.childline.org.uk/) | Support for young people up to the age of 19 |
| **SANE** | 0300 330 0630. | www.sane.org.uk | Out of hours mental health helpline |
| **Carers UK** | 0800 808 7777 | www.carersuk.org | Support for those caring for others |
| **Alcoholics Anonymous** | 0800 9177 650 | www.alcoholics-anonymous.org.uk | Support for those with alcohol addiction |
| **Refuge** | [0808 2000 247](tel:08082000247) | www.refuge.org.uk | Domestic abuse |
| **National Self Harm Network** | **0800 622 600** | www.nshn.co.uk | Support for people self harming |
| **Gamblers Anonymous** |  | www.gamblersanonymous.org.uk | Support for those with gambling addiction |
| **Narcotics Anonymous** | [0300 999 1212](tel:03009991212) | www.ukna.org | Support for those with drug addiction |
| **Cruse Bereavement Care** | 0844 477 9400 | www.cruse.org.uk | Bereavement support |
| **Alzheimer’s Society** | [0300 222 1122](tel:0300%20222%2011%2022) | www.alzheimers.org.uk | Dementia and Alzheimer’s helpline |
| **Rape Crisis** | 0808 802 999 | www.rapecrisis.org.uk | If they have been raped, abused or sexually assaulted |
| **Macmillan** | 0808 8080 000 | www.macmillan.org.uk | Cancer support |
| **National Debtline** | 0808 8084 000 | www.nationaldebtline.org | Debt advice helpline |
| **Shelter** | 0808 800 4444 | www.shelter.org.uk | Housing support and advice |
| **Family Lives** | 0808 800 2222 | www.familylives.org.uk | Parenting and family helpline |
| **The Silver Line** | 0800 470 8090 | www.thesilverline.org.uk | Support for older people feeling isolated or lonely |
| **SEED Eating Disorders Support Services** | **01482 718130** | [www.seedeatingdisorders.org.uk/](http://www.seedeatingdisorders.org.uk/) | Information and advice for people suffering from eating disorders and their carers |
| **Sudden Trauma Information Service** | **0845 367 0998** |  | Confidential helpline for sudden trauma i.e. road traffic accidents, assault, industrial and domestic accidents |