

Helplines:-

For children and young people

- Childline: 08001111
- Support Line: 01708 765200
- National Youth Advocacy Service:
0808 808 1001



For Women

- Domestic Violence (including coercive control behaviour) Helpline: 0808 2000 247
- Refuge: 0808 2000 247
- Women's Aid Federation of England: 0808 2000 247

For Men

- Help and support for Male victims of domestic violence and abuse: 0808 8010327

For Older people

- The Silver Line: 0800 4 70 80 90

Specialist and General

- Samaritans: 116 123
- Galop (formerly Broken Rainbow; National Lesbian, Gay, Bisexual and Trans (LGBT) Domestic Violence) Helpline: 0300 999 5428
- FCO Forced Marriage Unit: 020 7008 0151 (or 0044 20 7008 0151 if you are overseas)

Addiction

- Frank drugs helpline: 0300 123 1099
- Addiction helpline: 0808 163 9632

Debt

- StepChange Debt Charity: 0800 138 1111
- Christians Against Poverty: 01274 760720
- National Debtline: 0808 808 4000

Bereavement:

- Bereavement Advice Centre: 0800 634 9494
- Cruse: 0808 808 1677
- Miscarriage Association: 01924 200799
- Stillbirth and Neonatal Death Society (SANDS): 0808 164 3332