

Organisation Name	Tel Number	Web Address	Category
Action on Addiction	0300 330 0659	www.actiononaddiction.org.uk	Addiction - Drug & Alcohol
Action on Addiction	0300 330 0659	http://www.actiononaddiction.org.uk/home.aspx	Addiction - Drug & Alcohol
Addaction	020 7251 5860	http://www.addaction.org.uk/please-get-touch	Addiction - Drug & Alcohol Abuse - Self Harm Mental Health
Addiction Helper	0800 531 6959	http://www.addictionhelper.com/uk	Addiction - Drug & Alcohol
Alcoholics Anonymous	0800 9177 650	http://www.alcoholics-anonymous.org.uk/	Addiction - Alcohol
Angriesout		http://www.angriesout.com/	Anger Management
Anorexia and Bulimia Care	03000 11 12 13	http://www.anorexiabulimiacare.org.uk/	Eating Disorders
Anxiety UK	03444 775 774	https://www.anxietyuk.org.uk/	Anxiety
Beating Anger	0345 1300 286		Anger Management
Beating Eating Disorders	Helpline 0345 634 1414 Youthline 0345 634 7650	https://www.b-eat.co.uk/	Eating Disorders
Bi-Polar UK	0333 323 3880	http://www.bipolaruk.org/	Mental Health
Broken Rainbow	0300 999 5428 / 08452 60 44	www.brokenrainbow.org.uk	LGBT
Brook Young People's Information Service upto 25s		www.brook.org.uk	Sexual Health Abuse Addiction - Drug & Alcohol Healthy Wellbeing Mental Health - Depression & Anxiety
Bullying UK	0808 800 2222	http://www.bullying.co.uk/	Abuse - Bullying
CALM	0800 58 58 58	https://www.thecalmzone.net/help/get-help/anger/	Anger Management, Abuse, Domestic Violence, Mental Health, Bullying, Suicidal thoughts
Careline	0181 514 1177		Carers
Centre Point	0845 466 3400	http://www.centrepoin.org.uk/	Homelessness
Childline	0800 1111	www.childline.org.uk	Abuse
Cocaine Addiction Uk	0800 612 0225	wtf@cauk.org.uk	Addiction - Drug
Crimestoppers	0800 555 111	www.crimestoppers-uk.org	Crime / Abuse
Crisis	0300 636 1967	http://www.crisis.org.uk/	Homelessness
Cruse Bereavement Care	0844 4779400		
DAN 24/7	0808 808 1677	http://www.cruse.org.uk/	Beareavement
Debt Advice Foundation	0808 808 2234	www.dan247.org.uk	Addiction - Drug & Alcohol
Diabetes UK	0800 043 40 50	http://www.debtadvicefoundation.org/	Debt
Drinkline	0345 123 2399	https://www.diabetes.org.uk/In_Your_Area/	Health
Everyman	0800 917 8282	http://patient.info/support/drinkline	Alcohol Addiction
Families Anonymus	0207 263 8884	http://www.everymanproject.co.uk/	Anger
Forced Marriage Unit	0845 120 0660	www.famanon.org.uk	Addiction - Drug & Alcohol
Forward	0207 008 0151 (24hrs)	http://www.fco.gov.uk/en/travel-and-living-abroad/when-things-go-wrong/forced-marriage/information-for-victims	Forced Marriage
FRANK	0208 960 4000	http://www.forwarduk.org.uk/	Abuse - FGM
Gallop	0300 123 6600	http://www.talktofrank.com/	Addiction - Drug & Alcohol
Gamble Aware	020 7704 2040	http://www.galop.org.uk/news/galop-to-run-national-lgbt-domestic-violence-helpline/	LGBT Domestic Abuse / Violence
	0808 8020 133	http://www.gambleaware.co.uk/	Addiction - Gambling

Gamblers Anonymous		http://www.gamblersanonymous.org.uk/	Addiction - Gambling
GamCare	0808 8020 133	http://www.gamcare.org.uk	Addiction - Gambling
Homeless	116 0000	http://www.runawayhelpline.org.uk/advice/homelessness/	Homelessness
Karma Nivarna	0800 59999247	http://www.karmanirvana.org.uk/helpline/	FGM, Child Abuse, Honour Violence
LADO		https://national-lado-network.co.uk/lado-contact-details/	National LADO's
LGBT Foundation	0345 3 303030	http://lgbt.foundation/	LGBT
	•telephone: 0808 808 8000		
Lifeline		https://www.nidirect.gov.uk/contacts/contacts-az/lifeline	Emergency Crisis help Suicide/ Depression/ Anxiety/Sexual / Domestic Abuse / Trauma / Self Harm
Lifeline Drugs	0161 672 9420		Addiction- Drugs & Alcohol
Living Without Abuse	020 7008 0151	www.fco.gov.uk	Forced Marriage
Living Without Abuse	0300 636 0300	www.stalkinghelpline.org	Stalking and Harrassment
Mens Advice Line	0808 801 0327	www.mensadvice.org.uk	Male Domestic Abuse
	TELEPHONE: 0844 334 0550*		
Mermaids	MOBILE ONLY: 0344 334 0550	http://www.mermaidsuk.org.uk/	Gender Identity
MIND	0300 123 3393	http://www.mind.org.uk/information-support/helplines/	Mental Health, Self Harm, Suicidal thoughts
Miscarriage Helpline	01924 200 779	http://www.miscarriageassociation.org.uk/	Miscarriage
Money Advice Service	0800 138 7777	http://www.moneyadviceservice.org.uk	Finances
NAPAC	0808 801 0331	http://napac.org.uk/what-we-do/	Child abuse
Narcotics Anonymous		http://www.ukna.org/	Addiction - Drug & Alcohol
National Centre Eating Disorders	0845 838 2040	https://eating-disorders.org.uk/	Eating Disorders
National Centre for Domestic violence	0844 8044 999	www.ncdv.org.uk	Domestic Violence
National Centre for Domestic Violence (NCDV) Injunctions	0844 8044 999		Abuse - Domestic
National Debt Line	0808 808 4000	https://www.nationaldebtline.org/	Debt
National Stalking Helpline	0808 802 0300	www.stalkinghelpline.org	Harrassment / Victimisation
			Emergency Accomodation
Nightstop / Daupal	0808 808 4994.	nightstopuk@depaulcharity.org.uk	Homelessness
NSPCC	0800 028 3550	https://www.nspcc.org.uk	FGM, Child Abuse, Self Harm
NSPCC - Female Genital Mutilation 24 hour helpline	0800 028 3550		Abuse - FGM
Payplan	0800 280 2816	https://www.payplan.com/	Debt
Rape Crisis:		www.rapecrisis.org.uk	Abusive / Violence
Refuge / National Domestic Abuse Helpline	0808 2000 247	n/a	Domestic Violence
Release	0845 4500 215		Addiction - Drugs & Alcohol
Remploy	Mobile: 07825 945648	http://www.rempoy.co.uk/info/20013/support_my_employees/134/su	Mental Health
Respect	0808 802 4040	http://www.respectphoneline.org.uk	Domestic Violence
Respect - support for men and women facing up to abusive behaviour towards a partner	0808 802 4040	www.respect.uk.net	Abuse - Domestic
Respect Men's Advice Line	0808 801 0327	http://www.mensadvice.org.uk	Abuse - Domestic

			Mental Health - Anxiety & Depression Abuse - Self Harm Suicidal Thoughts
Rethink mental illness	01530 276525	https://www.rethink.org/	
Salvation Army	020 7367 4500	www.salvationarmy.org.uk	Homelessness
Samartians	0845 7909 090/ 116 123	https://www.samaritans.org/	Mental Health - Depression & Anxiety, Suicidal thoughts, Self Harm
SANE	0300 304 7000	http://www.sane.org.uk/what_we_do/support/helpline/	Mental Health - Anxiety & Depression Abuse - Self Harm, Suicidal thoughts
Self Injury Support	TESS text number for support - 0780 047 2908	http://www.selfinjurysupport.org.uk/node/19/	Self Harm
Shelter	0808 800 4444	www.shelter.org.uk	Homelessness
Step Change	0800 138 1111	https://www.stepchange.org/	Debt
Stonewall	08000 50 20 20	http://www.stonewall.org.uk/contact-us	LBGT
Streetlink	0300 500 0914	http://www.streetlink.org.uk/	Homelessness
Survivors UK - National database	0203 598 3898	https://www.survivorsuk.org/	Male Rape and Sexual Abuse
The Gender Trust	01527 894 838	http://gendertrust.org.uk/contact	Gender Identity
The Hide Out		www.thehideout.org.uk	Abuse - Domestic - Child Support Sexual Health
			Abuse Addiction - Drug & Alcohol Healthy Wellbeing
The Mix	0800 808 4994	http://www.themix.org.uk/about-us/contact-us	Mental Health - Depression & Anxiety
Turn2us		https://www.turn2us.org.uk/	Debt / Benefit Advice
Turning point	020 7481 7600	www.turning-point.co.uk	Mental Health, Drug
UK Narcotics Anonymous	0300 999 1212	www.ukna.org	Addiction - Drug & Alcohol
Victim support	0845 3030 900	www.victimsupport.org.uk	Crime / Abuse
Womens Aid Domestic Violence	0345 023 468		Domestic Violence
Worth Talking About	0300 123 2930	www.nhs.uk/worhtalkingabout	Sexual Health up to 18yrs
Young Minds	0808 802 5544 Text YM to 85258	www.youngminds.org.uk	Mental Health, Self Harm, Suicidal thoughts
Young Minds	0807 802 5544	http://www.youngminds.org.uk/for_parents/worried_about_your_child/anger	Anger Management, Abuse, Domestic Violence, Mental Health, Suicidal thoughts