



USEFUL PHONE NUMBERS

NHS 24: 111

SAMARITANS: 116 123

BREATHING SPACE: 0800 83 85 87

AGE UK: 0800 678 1602

CRUSE BEREAVEMENT SUPPORT: 0808 808 1677

SHELTER: 0808 800 4444

NATIONAL DEBT HELPLINE: 0808 808 4000

ALCOHOLICS ANONYMOUS: 0800 917 7650

NARCOTICS ANONYMOUS: 0300 999 1212

DOMESTIC ABUSE HELPLINE: 0808 2000 247

MEN'S DOMESTIC ABUSE ADVICELINE: 0808 801 0327

SHOUT CONFIDENTIAL TEXT SERVICE: 85258

MIND INFOLINE: 0300 123 3393

YOUNG MINDS TEXT SERVICE: 85258

We Listen and Care

We Respect and Empower