



# Support from other Organisations

## Mental Health Support and Advice

**Age UK Advice UK**



**Phone Number: 0800 678 1602**

**Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)**

Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals.

**MIND**



**Phone Number: 0300 123 3393 or text 86463**

**Website: [www.mind.org.uk](http://www.mind.org.uk)**

MIND provide advice and support to empower anyone experiencing a mental health problem.

**Samaritans**



**Call 116123 or email [jo@samaritans.org](mailto:jo@samaritans.org)**

**Website: [www.samaritans.org](http://www.samaritans.org)**

Samaritans offer listening and support to people in times of need.

**CALM (Campaign Against Living Miserably)**



**Phone Number: 0800 585858**

**Website: [www.thecalmzone.net](http://www.thecalmzone.net)**

The Campaign Against Living Miserably (CALM) is leading a movement against suicide.

They run a free and confidential helpline and webchat.

**Shout**



**Text SHOUT to 85258**

**Website: [www.giveusashout.org](http://www.giveusashout.org)**

Shout is a free, confidential service providing mental health support to people by text message.

**Woebot**



**Website: [www.woebothealth.com/for-users](http://www.woebothealth.com/for-users)**

Woebot ([woebot.io](http://woebot.io)) is a free app that can be downloaded on iOS and Android.

This aims to teach people to use Cognitive Behaviour Therapy (CBT) as a self-help tool to deal with mental health problems.

## Physical Health Support and Advice

### Macmillan Cancer Support

**Phone Number: 0808 808 0000**

**Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)**

Macmillan provide specialist emotional, physical and financial support and guidance to people affected by cancer.

### Marie Curie

**Phone Number: 0800 090 2309**

**Website: [www.mariecurie.org.uk](http://www.mariecurie.org.uk)**

Marie Curie is the UK's leading end of life charity. They provide frontline nursing and hospice care, a free support line and a wealth of information and support on all aspects of dying, death and bereavement.

### Dementia UK

**Phone Number: 0800 888 6678**

**Website: [www.dementiauk.org](http://www.dementiauk.org)**

Dementia UK is a specialist nursing charity that provides free support and advice to anyone affected by dementia.

## Housing and Homelessness

### Shelter

**Phone Number: 0808 800 4444**

**Website: [www.shelter.org.uk](http://www.shelter.org.uk)**

Shelter helps millions of people every year struggling with bad housing or homelessness through advice, support and legal services.

## Addiction Support and Advice

### GamCare

**Phone Number: 0808 8020 133**

**Website: [www.gamcare.org.uk](http://www.gamcare.org.uk)**

GamCare is the leading national provider of free information, advice and support for anyone affected by problem gambling.

### Drinkaware

**Phone Number: 0300 123 1110**

**Website: [www.drinkaware.co.uk](http://www.drinkaware.co.uk)**

Drinkaware is an independent charity working to reduce alcohol misuse and harm in the UK. They provide advice, tools and contact information to help people concerned that they or someone they care about has a problem with alcohol.

### Frank

**Phone Number: 0300 123 6600 or text 82111**

**Website: [www.talktofrank.com](http://www.talktofrank.com)**

Frank provide advice, tools and contact information to help people concerned that they or someone they care about has a problem with drugs.

## Domestic / Financial Abuse

### National Domestic Abuse Helpline (England)

**Phone Number: 0808 2000 247**

**Website: [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)**

The National Domestic Abuse Helpline (England) is a confidential, 24-hour service run by Refuge. Individuals can set a codeword and send a message to the helpline to either contact them by phone or email. They can also contact an alternative number, such as a friend's phone.

## Welsh Women's Aid



**Phone Number: 0808 80 10 800**

**Website: [www.welshwomensaid.org.uk](http://www.welshwomensaid.org.uk)**

**24-hour service Live chat is available at**

**<https://www.gov.wales/live-fear-free/contact-live-fear-free>**

**Email: [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)**

**Text: 07860 077333**

Welsh Women's Aid provide support and guidance for victims of domestic abuse and violence.

## Scotland's Domestic Abuse and Forced Marriage Helpline



**Phone Number: 0800 027 1234**

**Website: [www.sdafmh.org.uk/en](http://www.sdafmh.org.uk/en)**

**Text/WhatsApp: 07401288595**

**Email: [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)**

The Domestic Abuse and Forced Marriage Helpline (Scotland) provides support to anyone experiencing domestic or forced marriage.

## Surviving Economic Abuse



**Phone Number: 0808 196 8845**

**Website: [www.survivingeconomicabuse.org/i-need-help](http://www.survivingeconomicabuse.org/i-need-help)**

The Financial Support Line for Victims of Domestic Abuse is run by Money Advice Plus, in partnership with Surviving Economic Abuse. It offers specialist advice to anyone experiencing domestic abuse who is in financial difficulty.

## **Womens Aid**



**Phone Number: 0808 2000 247**

**Website: [www.womensaid.org.uk](http://www.womensaid.org.uk)**

A grassroots federation working to provide life-saving services and build a future where domestic violence is not tolerated.

## **Men's Advice Line**



**Phone Number: 0808 801 0327**

**Website: [www.mensadvice.org.uk](http://www.mensadvice.org.uk)**

Men's Advice Line's focus is to increase the safety of men experiencing domestic abuse (and the safety of any children) by providing confidential support.

## **Death and Bereavement Support**

### **Cruse Bereavement Care**



**Phone Number: 0808 808 1677**

**Website: [www.cruse.org.uk](http://www.cruse.org.uk)**

Cruse offer support, advice and information to children, young people and adults when someone dies.

### **Death Notification Service**



**Website: [www.deathnotificationsservice.co.uk](http://www.deathnotificationsservice.co.uk)**

The Death Notification Service is a free service, which allows a person to notify a number of member organisations of a person's death, at the same time.

The aim to make it easier to report a person's death to multiple organisations, rather than have to contact each one individually.



**Website: [www.bereavementadvice.org](http://www.bereavementadvice.org)**

Bereavement Advice Centre is a free helpline and web-based information service provided by Co-op Legal Services.

They give practical information, advice, and signposting on the many issues and procedures that face us after the death of someone close.

