

Support from other Organisations

Mental Health Support and Advice

Age UK Advice UK



Phone Number: 0800 678 1602 Website: 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.



Phone Number: 0300 123 3393 or text 86463

Website: www.mind.org.uk

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



Call 116123 or email jo@samaritans.org Website: 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

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

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

Woebot 🕜

Website: www.woebothealth.com/for-users

Woebot (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

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

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

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

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

Addiction Support and Advice



Phone Number: 0808 8020 133 Website: 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

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.



Phone Number: 0300 123 6600 or text 82111

Website: 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

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

24-hour service Live chat is available at

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

Email: 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

Text/WhatsApp: 07401288595 Email: 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: <u>www.survivingeconomicabuse.org/i-need-help</u>

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

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.mensadviceline.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

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

Death Notification Service



Website: www.deathnotificationservice.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.

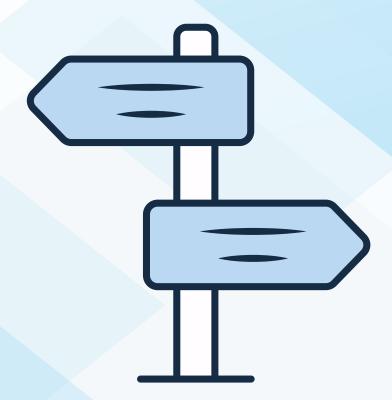
The aim to make it easier to report a person's death to multiple organisations, rather than have to contact each one individually.



Website: www.bereavementadvice.org

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.



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