



Below are details of some issue- and community-specific organisations who can provide information, guidance and support. **Individuals should be encouraged to speak to their GP in all instances where they have any health support issues e.g. mental health, depression, anxiety, struggling to cope, unmet healthcare needs.**

**Numbers to note: NHS: 111 and Emergency Services: 999**

## MENTAL HEALTH & COUNSELLING

**Childline:** [childline.org.uk](https://www.childline.org.uk) **0800 1111**

Free 24/7 service for children and young people.

**DPJ – Share the Load:** **0800 587 4262** or text **07860 048 799** open 24/7 [thedpjfoundation.co.uk](https://thedpjfoundation.co.uk)

The DPJ Foundation is a Welsh mental health charity to **support those in agriculture and rural communities** with mental health problems. They provide fast and free counselling to anyone over 16 who is a YFC member with a connection to Wales.

**Farming Community Network (FCN)**

See GENERAL, FARMING & MISCELLANEOUS

**The Mix:** **0808 808 4994** [themix.org.uk](https://themix.org.uk)

See GENERAL, FARMING & MISCELLANEOUS

**Hub of Hope:** [hubofhope.co.uk](https://hubofhope.co.uk)

Chasing the Stigma (CTS) has launched the **Hub of Hope** – a national mental health database, bringing help and support together in one place, with a focus on clear and consistent pathways to mental health across the UK.

**Mind:** [mind.org.uk](https://www.mind.org.uk) **0300 123 3393** 9am to 6pm, Monday to Fridays except Bank Holidays [info@mind.org.uk](mailto:info@mind.org.uk)

For anyone who needs to discuss mental health problems, where to get help, medication and alternative treatments and advocacy. They also provide information on [bereavement](#), where to go for support, and suggestions for helping yourself and others through grief, and mental health [support linked to DBS checking](#).

**RABI: Freephone Helpline:** **0800 188 4444** 12pm-10pm Monday to Friday and from 6pm-10pm at weekends [rabi.org.uk/need-help/mental-wellbeing](https://rabi.org.uk/need-help/mental-wellbeing)

Emotional support and [online counselling for those in the farming community](#). Drop-in and pre-booked sessions also available.

**Samaritans:** **116 123** [samaritans.org](https://www.samaritans.org) 24 hours a day, 365 days a year, free to call.

Helpline for anyone who needs support with anxiety, depression, worries or concerns. They can help you to talk through anything which is troubling you and offer help and support.

**SANEline:** **0300 304 7000** [sane.org.uk](https://www.sane.org.uk)

Support for mental health problems 4.30pm to 10.30pm daily.

**SHOUT TEXT:** **85258** [youngminds.org.uk](https://www.youngminds.org.uk)

New free 24/7 helpline service for people in crisis in the UK

**Stop.Breathe.Think:** [stopbreathethink.org.uk](https://www.stopbreathethink.org.uk)

Run by national youth charity Switch180, Stop.Breathe.Think is a mental health service with team of specialised counsellors offering free counselling sessions with no wait times and support to any young person who would like to talk.

## ALCOHOL, DRUGS & SUBSTANCE ABUSE

### **Adfam:** [adfam.org.uk](http://adfam.org.uk)

Adfam supports those coping with a family member or friend's drink, drug or gambling problem to get the support they need.

### **Alcoholics Anonymous:** [alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk) National Helpline: **0800 9177 650** [help@aamail.org](mailto:help@aamail.org)

AA is supports the recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

### **Drinkchat**

Free [online chat service](#) for anyone who is looking for information or advice about their own, or someone else's, drinking. Trained advisors are on hand to give you confidential advice from 9am-2pm on weekdays.

### **Drinkline:** Helpline **0300 123 1110** (weekdays 9am–8pm, weekends 11am–4pm)

Free, confidential helpline for anyone who is concerned about their drinking, or someone else's.

### **FRANK:** **0300 123 6600** [talktofrank.com](http://talktofrank.com)

National helpline providing advice and information about drugs.

### **Know the Score:** **0800 587 5879** (Lines are open from 8am to 11pm, 7 days a week) [knowthescore.info](http://knowthescore.info)

Website with information, advice and support for their own or someone else's drug-taking.

### **National Association for the Children of Alcoholics:** **0800 358 3456** [nacoa.org.uk](http://nacoa.org.uk)

Free helpline providing information, advice and support for everyone affected by a parent's drinking.

### **Re-Solv:** **01785 810762**, text **07496 959930** [re-solv.org](http://re-solv.org)

Works across the UK to end solvent abuse and support all those whose lives are affected by it.

### **With You:** [wearewithyou.org.uk](http://wearewithyou.org.uk)

Free, confidential support with alcohol, drugs or mental health for you or someone else.

## BEREAVEMENT & GRIEF

### **At a Loss:** [ataloss.org](http://ataloss.org)

The UK's signposting website for anyone bereaved and those supporting them.

### **Bead:** [beadproject.org.uk](http://beadproject.org.uk)

A source of information, support and hope for anyone whose loved one has died as a result of drug or alcohol use.

### **Brake's National Road Victim Service** [www.brake.org.uk/support](http://www.brake.org.uk/support) t: **0808 4000 401** e: [help@brake.org.uk](mailto:help@brake.org.uk)

Support for people affected by road death and injury.

### **CRUSE Bereavement Care:** [cruse.org.uk](http://cruse.org.uk) Helpline: **0808 808 1677**

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland.

### **Dying Matters:** [dyingmatters.org](http://dyingmatters.org)

Dying Matters is working to create an open culture that talks about death, dying and bereavement. Dying matters to all of us - let's talk about it.

### **Good Grief Trust:** [thegoodgrieftrust.org](http://thegoodgrieftrust.org)

The Good Grief Trust exists to help all those affected by grief in the UK, aiming to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

### **Sudden:** [sudden.org](http://sudden.org)

Offers help when someone has died suddenly, or too soon in their life and helps communities and professionals to help suddenly bereaved people, better.

### **Winston's Wish:** **08088 020 021** [winstonswish.org](http://winstonswish.org)

Supports bereaved children, their families and the professionals who care for and support them.

## **SEXUAL ASSAULT & SEXUALLY HARMFUL BEHAVIOUR**

**Male Survivors' Partnership:** Helpline: 0808 800 5005 [malesurvivor.co.uk](http://malesurvivor.co.uk)

MSP is a network of organisations working with male victims/survivors of sexual abuse, rape and sexual exploitation.

**Marie Collins Foundation: National Strategic Group for Indirect Victims of Indecent Images of Children Investigations** [Services Supporting Families of Child Sexual Abuse Material Offending](#) is a service providing support for the partners and children of those who have accessed child sexual abuse material to help cope with the psychological and practical repercussions. It includes details of services for those who have accessed child sexual abuse material.

**MOSAC: 0800 980 1958** [mosac.org.uk](http://mosac.org.uk)

Supports all non-abusing parents and carers whose children have been sexually abused.

**NAPAC: 0808 801 0331** [napac.org.uk](http://napac.org.uk)

Supporting recovery from abuse in childhood. The service is confidential, and the number won't show on your bill. 10am to 9pm Mon-Thurs and 10am to 6pm Fridays.

**NHS Sexual Assault Referral Centres**

[nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/](http://nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/)

Sexual assault referral centres (SARCs) are available for everyone, regardless of gender, age, the type of incident, or when it happened and offer a range of services: including crisis care, medical and forensic examinations, emergency contraception and testing for STIs, access to an independent sexual assault advisor, referrals to mental health support and sexual violence support services.

**Rape Crisis: 0808 802 9999** Open between 12:00-14:30 and 19:00-21:30 every day of the year. [rapecrisis.org.uk](http://rapecrisis.org.uk)  
Specialist support and services for victims and survivors of sexual violence.

**Shore** [shorespace.org.uk](http://shorespace.org.uk)

Shore's aim is for all children and young people to feel informed about all aspects of sex and relationships, to prevent harm from happening to them or others. They provide a safe space for teenagers worried about their own sexual thoughts, feelings or behaviour.

**Stop It Now! Helpline: 0808 100 0900 (freephone)** [stopitnow.org.uk](http://stopitnow.org.uk)

Offers a wide range of services to the public and professionals throughout the UK and Ireland, aimed both at the prevention of child sexual abuse and support for those affected.

**Survivors Trust: Free helpline 08088 010818** [thesurvivorstrust.org](http://thesurvivorstrust.org)

The Survivors Trust is the largest umbrella agency for specialist rape and sexual abuse services in the UK

**SurvivorsUK: 020 3598 3898 (Monday to Friday from 9.30am to 5pm)** [survivorsuk.org](http://survivorsuk.org)

Text-based helpline: 020 3322 1860 (Monday to Friday from 10.30am to 9pm; Saturday and Sunday 10am to 6pm)  
WhatsApp-based helpline: 07491 816064

Information, support and counselling for male victims and survivors of rape and sexual abuse, their family and friends.

## **EATING DISORDERS, SELF-HARM AND SUICIDE**

**Beat: 0808 801 0677** [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

Beat offers help and support to people affected by eating disorders. Provides details of support networks, self-help groups and Beat's national helpline.

**CALM (Campaign Against Living Miserably): 0800 58 58 58** [thecalmzone.net](http://thecalmzone.net)

CALM leads a movement against suicide and provides a helpline for people in the UK who need to talk or find information and support. (5pm – midnight 365 days a year).

**Harmless:** [harmless.org.uk](http://harmless.org.uk)

Provides support and help to those who are at risk of, or actively self harming or considering suicide.

**PAPYRUS Hopeline: 0800 068 4141** [papyrus-uk.org/hopelineuk](http://papyrus-uk.org/hopelineuk)

Charity for the prevention of young suicide. (open 9am-midnight 365 days a year)

## **DOMESTIC ABUSE & VIOLENCE**

**Karma Nirvana: 0800 5999 247** Monday – Friday 9am – 5pm [karmanirvana.org.uk/help](http://karmanirvana.org.uk/help)

Supporting victims of honour-based violence, abuse and forced marriage.

**Live Fear Free (Wales):** Helpline **0808 80 10 800** Text: **07860077333** (24 hours a day 7 days a week) [gov.wales/live-fear-free/domestic-abuse-wales](http://gov.wales/live-fear-free/domestic-abuse-wales)

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

Live Fear Free can provide help and advice to:

- anyone experiencing domestic abuse
- anyone who knows someone who needs help. E.g. a friend, family member or colleague
- practitioners seeking professional advice.

**Men's Advice Line: 0808 801 0327** (Mon – Fri 9am-8pm) [mensadvice.org.uk](http://mensadvice.org.uk)

Email: [info@mensadvice.org.uk](mailto:info@mensadvice.org.uk) (Mon-Fri 9am-8pm, Sat/Sun 10am-12pm & 4pm-6pm)

A confidential helpline for men experiencing domestic violence.

**National Domestic Violence Helpline: 0808 2000 247** [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)

This helpline is free and operates 24 hours a day to support anyone experiencing domestic abuse, domestic violence (including coercion and control), or worried about someone they know who may be experiencing this.

**Refuge: Freephone Helpline 0808 2000 247**

Support for women and children experiencing domestic violence and abuse.

## **GENERAL, FARMING & MISCELLANEOUS**

**Family Lives: 0808 800 2222** [familylives.org.uk](http://familylives.org.uk)

Family Lives provides targeted early intervention and crisis support to families who are struggling with issues including family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing.

**Farming Help: 03000 111 999** [farminghelp.co.uk](http://farminghelp.co.uk)

Provides confidential **help for anyone in the farming community**. Helpline is operated by FCN and is open 7am-11pm every day of the year.

**Farming Community Network (FCN)** <https://fcn.org.uk/>

Supports farmers and families within the farming community through difficult times, providing free, confidential, pastoral and practical support to anyone who seeks help, regardless of whether the issue is personal or business-related.

**The Mix: 0808 808 4994** [themix.org.uk](http://themix.org.uk)

The Mix is a free, confidential support service for under 25s, whatever issue a young person is facing. The Mix is always available – online, over the phone or via social media – and connects young people to experts and their peers to talk about everything from money to mental health, from homelessness to jobs, from break-ups to drugs.

**Victim Support: Helpline 0808 1689 111** [victimsupport.org.uk](http://victimsupport.org.uk)

Victim Support helps anyone affected by crime.

## **CHILD PROTECTION**

**NSPCC: 0808 800 5000** [nspcc.org.uk](http://nspcc.org.uk)

If you're worried about a child, or you work with children and young people and need advice or information, the helpline is available 24 hours a day, 7 days a week.

**Childline: [childline.org.uk](http://childline.org.uk) 0800 1111**

Free 24/7 service for children and young people.

## **ADULT PROTECTION**

**Ann Craft Trust** [anncrafttrust.org](http://anncrafttrust.org) 0115 951 5400 [ann-craft-trust@nottingham.ac.uk](mailto:ann-craft-trust@nottingham.ac.uk)

A leading UK authority on safeguarding adults and young people at risk.

## **ONLINE/E-SAFETY**

**Child Exploitation and Online Protection (CEOP):** [ceop.police.uk/safety-centre](http://ceop.police.uk/safety-centre)

CEOP is a law enforcement agency to help keep children and young people safe from sexual abuse and grooming online.