

Self Help Support Sources

For general help and support go to www.supportline.org.uk or call 01708 765200

Or contact the Citizens Advice Bureau www.citizensadvice.org.uk or call 0344 411 1444

For specific areas of help check out the sources below

Organisation	Type of support/help	Contact details
Combat Stress	Mental health/PTSD support for serving military and veterans 24 Hour Helpline	0800 138 1619 Email: contactus@combatstress.org.uk
SSAFA Forces Line	Lifelong support for serving military and veterans and their family	0800 731 4880 0900-1730 Mon-Fri Website: www.ssafa.org.uk
Big White Wall	Mental health and wellbeing service	0203 405 6196 Email: theteam@bigwhitewall.com Website: www.bigwhitewall.co.uk
MIND	Mental health support	0300 123 3393 Website: www.mind.org.uk
Army Welfare Service	Serving Army Welfare support	Tel: 01904 882053 Mon-Thurs 08:30-16:30 Fri 08:30-16:00
Speak Out	Bullying, harassment and discrimination confidential helpline	0306 7704656
Samaritans	Emotional stress and support	116 123 Website: www.samaritans.org E-mail: Jo@samaritans.org
Cruse Bereavement Care	Bereavement Support	0808 808 1677 Mon & Fri 0930-1700 Tues Weds & Thurs 0930-2000 Email: info@cruse.org.uk Website: www.cruse.org.uk
GamCare	Gambling addiction	0808 8020 133 Email: info@gamcare.org.uk Website: www.gamcare.org.uk
Frank	Drug 24 Hour Helpline	0300 123 6600 Text :82111 Email: frank@talktofrank.com Website: www.talktofrank.com
Alcoholics Anonymous	Alcoholic 24-Hour Helpline	0800 9177 650 Email: help@aamail.org Website: www.alcoholicsanonymous.org.uk
Beat	Eating disorders	0808 801 0677 Email: help@beateatingdisorders.org.uk Website: www.beateatingdisorders.org.uk
Relate	Relationship support	0300 100 1234 Website: www.relate.org.uk Email: relate.enquiries@relate.org.uk Website: www.relate.org.uk
Family Lives	Family life support for anyone involved in caring for children including step children	0808 800 2222 Website: www.familylives.org.uk
Gingerbread	Help for single parents	0808 808 8090 Website: www.gingerbreadni.org
PANDAS	Pre and postnatal depression	0843 2898401 Website: www.relate.org.uk
National Debtline	Debt advice	0808 808 4000 Mon-Fri 0900-2000 Sat 0930 – 1300 Website: www.nationaldebtline.org

Step Change Debt Charity	Debt advice	0800 138 111 Website: www.stepchange.org
Men's advice Line	Domestic Violence advice – Men	0808 801 0327 Mon-Fri 0900-1700 Email: info@mensadvice.org.uk
Women's Aid	Domestic Violence advice - Women	0808 2000 247 Website: www.womensaid.org.uk
Childline	Domestic Violence Advice - Children	0800 1111 Website: www.childline.org.uk
Victim support	Victim support	0808 1689 111 Website: www.victimsupport.org.uk
Cancer research	Cancer support	0808 800 4040 Website: www.cancerresearchuk.org
Shelter	Homelessness	0808 800 4444 Website: www.shelter.org.uk
Civil Legal Advice	Legal advice	0345 345 4345 Website: www.gov.uk/civil-legal-advice
Trussell Trust	Food banks	01722 580180 Website: www.trusselltrust.org
LGBT Foundation	Sexuality	0345 330 3030 Website: www.lgbt.foundation
Army Families Federation	Support for Army service families	01264 382324 Website: www.aff.org.uk Email: us@aff.org.uk
Turn2us	Help with information on welfare benefits, charitable grants and other financial help	Website: www.turn2us.org.uk
Calm	Helpline for Men in the UK who are down or who have hit the wall for any reason and need to talk or find information and support.	Tel: 0800 58 58 58 17:00-Midnight 365 days a year Website: www.thecalmzone.net Web chat 17:00-Midnight
SHOUT	Shout is a free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	Text: 85258
Sane	Provides expert emotional support and specialist information for you if you are concerned about your own or someone else's mental health	Tel: 0300 304 7000 4:30 - 22:30 7 days per week. Website www.sane.org.uk