



USEFUL CONTACTS

No matter what you may be going through, there is always someone there who can help. Here is a list of useful contacts that you can contact, where you can find advice, guidance and support.

[Samaritans: 116 123](#)

You can get in touch with the Samaritans about anything that's troubling you, no matter how large or small the issue. They're here to listen, for free, at any time day or night, 24 hours a day, 7 days a week, 365 days a year.

[Domestic Violence Helpline: 0808 2000 247](#)

Run in partnership with Women's Aid and Refuge. The 24h freephone is available 24 hours a day, 7 days a week.

[Alcoholics Anonymous: 0800 9177 650](#)

If you need help with a drinking problem phone the national helpline. Open 7 days a week.

[Narcotics Anonymous: 0300 999 1212](#)

The NA Helpline is open until midnight, seven days a week. If for some reason, you get an answer-phone, please DO leave a message and they will get back to you as soon as possible.

[Beat Eating Disorders Helpline: 0345 634 1414](#)

Beat provides helplines for adults and young people offering support and information about eating disorders. Lines are open Monday to Wednesday: 1pm-4pm. Sometimes lines are busy. If you can't get through immediately try again.

[Mind Info Line: 0300 123 3393](#)

The Mind infoline team provides information on a range of topics including: types of mental health problems, where to get help, medication, alternative treatments and advocacy. Lines are open 9am to 6pm, Monday to Friday (except bank holidays).