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*Please note that Woodbrooke is not affiliated with any of the organisations mentioned in this document and cannot be held responsible for the accuracy of information and advice they provide.*

# Emotional and Psychological

- **Samaritans:**

Offers 24/7 support via phone (call 116 123), email (jo@samaritans.org), and in-person visits. They provide a listening ear for anyone struggling with emotional distress or suicidal thoughts.

- **Mind:**

Provides support through helplines, local branches, and online resources. Their helpline is available Monday to Friday, 9am to 6pm (0300 102 1234).

- **Campaign Against Living Miserably (CALM):**

Offers support via phone (0800 58 58 58) and webchat for those affected by suicide or suicidal thoughts, available 5pm to midnight every day.

- **Shout:**

Provides 24/7 crisis support via text (text SHOUT to 85258).

- **National Suicide Prevention Helpline UK:**

Offers a supportive listening service for those with thoughts of suicide, available 6pm to midnight every day (0800 689 5652).

- **Childline:**

Offers support for children and young people under 19, available 24 hours a day (0800 1111).

- **Climate Psychology Alliance**

Find professionals who understand climate anxiety - for individuals, climate cafes (listening circles to process grief and anxiety) and a specific new youth support space

## Financial/Debt

- **National Debtline**

Offers phone and webchat services in England and Wales. Monday to Friday, 9am to 8pm and Saturday, 9:30am to 1pm (0808 808 4000).

- **Citizens Advice**

Offers phone and webchat services. They also have advice centres in England, Wales and Scotland. Monday to Friday, 8am to 7pm. Webchat service

Telephone (England): 0800 144 8848
Telephone (Wales): 0800 702 2020
Telephone (Scotland): 0800 028 1456

- **PayPlan**

Offers phone and webchat services. Monday to Friday, 8am to 8pm, Saturday, 9am to 3pm (0800 280 2816).

- **Community Money Advice**

Offers phone, email and face to face services in England, Wales and Scotland.

- **StepChange Debt Charity**

Offers phone and online services. Monday to Friday, 8am to 8pm, Saturday, 8am to 4pm (0800 138 1111).

- **MoneyPlus Advice**

Offers phone and email services. Monday to Thursday, 8am to 8pm and Friday, 8am to 4pm (0161 837 4754). They also have an **online debt advice service**.

- **Debt Advice Foundation**

Offers phone and webchat services. Monday to Friday, 8am to 6pm (0800 043 40 50)

# Domestic Abuse

**Getting help and support for domestic violence**

You do not have to wait for an emergency situation to find help. If domestic abuse is happening to you, it's important to tell someone and remember you're not alone.

You can also find help and support for domestic abuse on GOV.UK.

**Other ways to get support:**

- women can call **The Freephone National Domestic Abuse Helpline, run by Refuge** on 0808 2000 247 for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
- talk to a doctor, health visitor or midwife
- men can call Respect Men's Advice Line on 0808 8010 327 (Monday to Friday 10am to 8pm), or visit the webchat at **Men's Advice Line** (Wednesday 10am to 11:30am and 2pm to 4pm) for non-judgemental information and support
- men can also call **ManKind** on 0182 3334 244 (Monday to Friday, 10am to 4pm)
- if you identify as LGBT+ you can call **Galop** on 0800 999 5428 for emotional and practical support
- anyone can call **Karma Nirvana** on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call 020 7008 0151 to speak to the **GOV.UK Forced Marriage Unit**
- in an emergency, call 999

You can also email for support. It is important that you specify when and if it is safe to respond and to which email address:

- women can email helpline@womensaid.org.uk. Staff will respond to your email within 5 working days
- men can email info@mensadviceline.org.uk (Monday to Friday 9am to 5pm)
- LGBT+ people can email help@galop.org.uk

**The Survivor's Handbook from the charity Women's Aid** is free and provides information for women on a wide range of issues, such as housing, money, helping your children, and your legal rights.

If you're worried that you are behaving abusively in your relationship, call the free **Respect Phoneline** on 0808 802 4040.

## Substance Abuse and Addiction

- **Turning Point:**

Offers support online, over the phone, and one-on-one through local community services for a range of issues including mental health, substance misuse, and learning disabilities.

- **Alcoholics Anonymous**

At AA, alcoholics help each other to find strength and hope. Call free 0800 917 7650 or email help@aamail.org

- **Narcotics Anonymous**

NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle (0300 999 1212)

## Gambling

- **Gamcare**

Free support for anyone affected by gambling harms across Great Britain. Call the national gambling helpline on 0808 8020 133, available 24/7.

- **Gamfam**

A charity for those who have experienced first-hand the devastating effects that gambling can have on family and friends.

## Bereavement

- **Child Bereavement UK**

Providing confidential support, information and guidance to individuals, families and professionals throughout the UK. The support team is available to respond to calls (0800 02 888 40), Live Chat (via the website) or email (helpline@childbereavementuk.org) from 9am to 4.30pm, Monday to Friday (except bank holidays).

- **Cruse Bereavement Care**

Exist to promote the wellbeing of all bereaved people and to enable them to understand their grief and cope with their loss (08088081677).

- **Suicide & Co**

## Sources of Help

Supporting people that have been bereaved through suicide. Support on offer includes a counselling service and a telephone helpline (0800 054 8400).

- **The Compassionate Friends**

Providing support to any parent whose child has died. They offer a helpline open 10am to 4pm, and 7pm to 10pm every day of the year (0345 123 2304 and helpline@tcf.org.uk), an online forum, legal advice and befriending services. They also run a service for bereaved siblings.