

You Are Not Alone

If you need support or advice please know that you can access a variety of services using the links and telephone numbers provided within this document below.

Please click the title links below to view the full contact details and information within this document.

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[C.A.L.L. \(Wales\)](#)

[Mind](#)

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Samaritans

Telephone: 116 123

Email: jo@samartians.org

The [Samaritans](#) provide confidential emotional support 24 hours, every day of the year for anyone experiencing feelings of despair, distress or crisis.

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Foodbanks

For Trussell Trust foodbanks you will need a food voucher from your GP, social worker or a local charity. Hand the voucher in to [your nearest Trussell Trust foodbank](#). There may be other types of foodbanks locally which don't require vouchers, for example churches or community organisations – check the internet by searching for “foodbanks near me”.

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Local council

Find yours [here on the .gov website](#).

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Health services

Find your local service in:

- [England](#)
- [Scotland](#)
- [Northern Ireland](#)
- [Wales](#)

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Housing advice

Shelter offers advice to people about homelessness, rights, and other housing issues

- [England](#)
- [Scotland](#)
- [Northern Ireland](#)
- [Wales](#)

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Citizens Advice

www.adviceguide.org.uk

Can provide help on range of issues, including: employment, housing, benefits and rights.

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Isolation and loneliness

Telephone: 0800 470 8090

[Silverline](#) provide a 24 hour phone service for older people open every day of the year.

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Lifeline (Northern Ireland)

Telephone: 0808 808 8000

[Lifeline](#) is there to help people no matter what your age or where you live in Northern Ireland. If you are or someone you know is in distress or despair, Lifeline is there for you.

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Breathing Space (Scotland)

Telephone: 0800 83 85 87

Breathing Space is a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety. The phonenumber is open 24 hours at weekends (6pm Friday to 6am Monday) and from 6pm to 2am on weekdays (Monday to Thursday).

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C.A.L.L. (Wales)

Telephone: 0800 132 737

Text 'help' to 81066

Community Advice and Listening Line (C.A.L.L.) offers a free 24 hour confidential listening and support helpline for Wales. You can also search C.A.L.L.'s online database of 1500 agencies to find a service relevant to your needs.

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Papyrus

Telephone: 0800 068 4141

Papyrus is the young suicide prevention society.

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CALM

Telephone: 0800 58 58 58

CALM promotes and delivers a free, confidential, anonymous helpline and website targeted at young men, though CALM will listen to anybody who needs advice or support, regardless of age, gender or geographic location. Their helpline is open from 5pm to midnight 365 days a year

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Young Minds (for parents)

Parents Helpline: 0808 802 5544

parents@youngminds.org.uk

Young Minds supports any adult concerned about the emotions and behaviour of a child or young person. They offer information and professional advice, via telephone and email. Their free helpline is open Monday to Friday 9.30am to 4pm.

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National Debtline

- [England and Wales](#)
- [Scotland](#)

If you have money worries and need advice and support, the National Debtline can offer free independent advice and support on a range of matters relating to your finances.

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Women's Aid and Refuge

Telephone: 0808 2000 247

Womens Aid provide a 24 hr National Domestic Violence Helpline, or for local help, [search here.](#)

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Carers UK

www.carersuk.org

Telephone: 0808 808 7777

Carers UK offers support and advice to carers. Their helpline is open on Mondays and Tuesdays 10am to 4pm

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You Are Not Alone

Mind

Tel: 0300 123 3393

Email: info@mind.org.uk

[Mind](#) can provide confidential information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy. With information for local areas as well.

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