

Do you need help, or someone to talk to?

**It can be hard to ask for what you need,
but these charities and helplines will be
able to listen and get you back on track.**

Silverline

(for people over 70)

0800 470 8090

Samaritans

(feeling suicidal or low?)

111 123

Refuge

(unsafe at home?)

0808 200 247

Alcoholics Anonymous

(is drink taking over?)

0800 917 7650

National Gambling Helpline

(can't control the gambling?)

0808 8020 123

Narcotics Anonymous

(are drugs taking over?)

0300 999 1212 (10am-midnight)

Cruse

(lost someone you have loved?)

0808 808 1677

Victim Support

0808 168 9111

Switchboard

(questioning your sexuality?)

[a LGBTQI+ safe service]

0300 330 0630

Childline

(for children under 18 years old)

0800 1111

NSPCC

(concerned about a child?)

0808 800 5000

CALM

(a helpline for men aged 8-35)

0800585858 (5pm – midnight)

Rape Crisis

0808 802 9999

B-Eat

(for those with signs of an eating disorder)

0808 801 0677 (adults)

0808 801 6711 (Under 18s)

Child of Mine

(a local support line for those who have
lost a child for any reason)

01785 283 434

The Haven

(for women in need of help)

08000 194 400

**If you want a conversation
about Christianity, contact**

www.christianity.org.uk