



Need to talk to someone?

Helpline	Phone	Cost	Email
Samaritans	116 123 open 24/7	Free	jo@samaritans.org
Mind <i>Mental health support</i>	0300 123 3393 open 9am-6pm Mon-Friday (except bank holidays) Text 86463	Local rates from landline; mobile charges vary	info@mind.org.uk
FRANK <i>Need advice about drugs... Talk to Frank</i>	0300 123 6600 open 24/7 Text 82111	Local rates from landline; mobile charges vary	frank@talktofrank.com
Alcoholics Anonymous	0800 9177 650	Free	help@aamail.org
Rape Crisis	0808 802 9999 12 noon - 2.30pm and 7 - 9.30pm daily	Free	
Switchboard LGBT+ Helpline	0300 330 0630 10am-10pm daily	Local rates from landline; mobile charges vary	chris@switchboard.lgbt
National Domestic Violence <i>Run by Women's Aid & Refuge</i>	0808 2000 247 open 24/7 0808 801 0327 Male Advice & Enquiry 0808 802 4040 Helpline for men worried that they may be harming someone else	Free	
ManKind Initiative <i>domestic abuse helpline for men</i>	01823 334244 Weekdays 10am to 4pm	Local rates from landline; mobile charges vary	
Farming Community Network	03000 111 999 7am to 11pm every day of the year	Local rates from landline; mobile charges vary	chris@fcn.org.uk
Dementia Helpline	0800 888 6678 open 9am-9pm Mon-Fri	Free	helpline@dementiauk
Silver Line <i>Helpline for older people</i>	0800 470 80 90 open 24/7	Free	
Action on Elder Abuse	080 8808 8141 open 9am-5pm Mon-Fri	Free	
Childline	0800 1111 open 24/7	Free	