

Safeguarding Links to Support:

Individuals should be encouraged to speak to their GP in all instances where they have any health support issues e.g. mental health, depression, anxiety, struggling to cope, unmet healthcare needs.

Numbers to note:

NHS: 111 and Emergency Services: 999

Ann Craft Trust

A leading UK authority on safeguarding Adults and young People at risk, with a focus upon supporting individuals with disabilities and their carers

<https://www.anncrafttrust.org/>

Tel: 0115 951 5400

Email: ann-craft-trust@nottingham.ac.uk

Hub of Hope

<https://hubofhope.co.uk/>

Immediate local signposting to accessible support for anyone needing help in relation to: mental health; feeling suicidal; BAME, LGBTQ+ or social inequality issues etc; struggling to access appropriate support. Just put your postcode into the search engine on their site.

Samaritans: 116 123 Email: jo@samaritans.org

This helpline is for anyone who needs support with anxiety, depression, worries or concerns. They can help you to talk through anything which is troubling you and offer help and support. 24 hours a day, 365 days a year, free to call.

Mind Infoline: 0300 123 3393 Email: info@mind.org.uk

For anyone who needs to discuss mental health problems, where to get help, medication and alternative treatments and advocacy. Lines are open 9am to 6pm, Monday to Fridays except Bank Holidays.

SANEline: 0300 304 7000

Support for anyone over 16 years of age experiencing mental health problems 4.30pm to 10.30pm daily.

Visit <http://www.sane.org.uk/home> for more information.

Open every day of the year. Ring **07984 967708 to leave a**

message and someone will return your call.

Email: support@sane.org.uk

SHOUT Crisis Helpline

Text SHOUT to 85258 to chat by text

New free 24/7 helpline service for people in crisis in the UK

Visit <http://youngminds.org.uk> for more information.

FRANK: 0300 123 6600

National helpline providing advice and information about drugs

The Mix – Support for those aged 13-25

Free and confidential helpline available 365 days a year by phone, email or webchat. They also offer discussion boards, live chat and resources on issues such as sex and relationships, money, housing and more. Visit <https://www.themix.org.uk/> for more information.

Phoneline open from 3pm to midnight every day **0808 808 4994**

For crisis support Text THEMIX to 85258

National Association for the Children of Alcoholics: 0800 358 3456

Free helpline for anyone whose parent(s) has an alcohol problem.

Drinkaware alcohol support service

If you are concerned about your drinking, or someone you care about.

Drinkline: 0300 123 1110 (11am – 4pm weekdays or 9am – 8pm weekends)

Drinkchat: live chat Monday-Friday 9am-2pm www.drinkaware.co.uk

DrugFam: 0300 888 3853

Support for family and friends of someone who has an addiction to gambling, alcohol or drugs

Lifeline of safe support and care to those affected by someone else's addiction/dependency. Open 365 days a year 9am to 9pm

Email: office@drugfam.co.uk

Visit <https://drugfam.co.uk/> for more information

NAPAC: 0808 801 0331

Supporting recovery from abuse in childhood. The service is confidential, and the number won't show on your bill. 10am to 9pm Mon-Thurs and 10am to 6pm Fridays.

NSPCC Helpline: 0808 800 5000

If you're worried about a child, or you work with children and young people and need advice or information, the helpline is available 24 hours a day, 7 days a week.

Beat

Beat offers help and support to people affected by eating disorders. Provides details of support networks, self-help groups and Beat's national helpline (open 4pm-8pm on bank holidays and weekends and 9am-8pm on weekdays)

Support for adults: 0808 801

0677 or help@beateatingdisorders.org.uk

Support for students: 0808

801 0811 or studentline@beateatingdisorders.org.uk

Support for Under 18s: 0808 801 0711

or fyp@beateatingdisorders.org.uk

Karma Nirvana: 0800 5999

Supporting victims of honour-based violence, abuse and forced marriage.

Winston's Wish: 08088 020 021

Supports bereaved children, their families and the professionals who care for and support them.

CRUSE Bereavement Care Helpline 0808 808 1677

For anyone needing support after a bereavement.

Visit <https://cruse.org.uk/> for more information.

National Bereavement Partnership: 0800 448 0800

Helpline open 7am to 10pm 7 days a week

Text: 07860 022814

Email: helpline@nationalbereavementpartnership.org

Visit www.nationalbereavementpartnership.org for more information.

For those who have experienced grief, anxiety or mental health issues

related to the Covid pandemic. Offering support and advice plus befriending service.

CALM (Campaign Against Living Miserably): 0800 58 58 58

Webchat: <https://www.thecalmzone.net/help/webchat/>

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. (5pm – midnight 365 days a year)

PAPYRUS Hopeline: 0800 068 4141

Charity for the prevention of suicide in the under 35s (young suicide). Open 9am-midnight 365 days a year.

Text: 07860 039967

Email: pat@papyrus-uk.org

Visit <https://papyrus-uk.org/> for more information.

Galop have a national helpline for LGBTQ+ individuals

<https://galop.org.uk/get-help/helplines/>, particularly in relation to Domestic Abuse and a pan-London advocacy service

National Domestic Abuse Helpline: 0808 2000 247

This helpline is free and operates 24 hours a day to support anyone experiencing domestic abuse, domestic violence (including coercion and control), or worried about someone they know who may be experiencing this.

CEOP Think You Know: support about relationships and online safety for 11-18 year olds

https://www.thinkuknow.co.uk/11_18?utm_source=Thinkuknow&utm_campaign=98219efa1b-EMAIL_CAMPAIGN_2022_03_17_10_22&utm_medium=email&utm_term=0_0b54505554-98219efa1b-64712649

Childline 0800 1111

Free confidential support helpline and over the phone for young people under 19

www.childline.org.uk

Respect: Men's Advice Line

For male domestic abuse survivors

Tel: 0808 801 0327

www.mensadviceline.org.uk

ManKind Initiative

For male victims of domestic abuse. Helping men escape domestic violence & abuse

Tel: 01823 334 244 Confidential helpline

National LGBT+ Domestic Abuse Helpline

Tel: 0800 999 5428

Help after Rape and Sexual Assault

If you've been sexually assaulted it's important to remember that it was not your fault. Sexual violence is a crime, no matter who commits it or where it happens. Don't be afraid to get help.

Sexual assault referral centres (SARCs) offer medical, practical and emotional support to anyone who has been raped, sexually assaulted or abused. SARCs have specially trained doctors, nurses and support workers to care for you.

You can get help from a SARC by booking an appointment with your nearest one via: [Help after rape and sexual assault - NHS](#)

Rape Crisis Federation of England and Wales

Rape Crisis was launched in 1996 and exists to provide a range of facilities and resources to enable the continuance and development of Rape Crisis Groups throughout Wales and England.

Email: info@rapecrisis.co.uk

www.rapecrisis.co.uk

Respond

Respond provides a range of services to victims and perpetrators of sexual abuse who have learning disabilities and training and support to those working with them.

[Tel: 020 7383 0700](tel:02073830700) or

[0808 808 0700](tel:08088080700) (Helpline)

Email: services@respond.org.uk

www.respond.org.uk

Shore

Shore was launched in 2023 to provide a safe and anonymous place for young people to get help and support. The aim of this website is to prevent harmful sexual behaviours among young people. It's for anyone who:

- has questions about healthy sexual relationships
- wants to change their own behaviour
- is looking for reliable information to help them respond to someone else's behaviour

A chatline is available from 5-8pm daily. Their website signposts parents and young people to sources of additional information and support. <https://shorespace.org>

Stop Hate Crime

Works to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties.

24 hours service:

Telephone: 0800 138 1625

Web Chat: www.stophateuk.org/talk-to-us/

E mail: talk@stophateuk.org

Text: 07717 989 025

Text relay: 18001 0800 138 1625

By post: PO Box 851, Leeds LS1 9QS

Victim Support

Provides practical advice and help, emotional support and reassurance to those who have suffered the effects of a crime.

Tel: 0808 168 9111

www.victimsupport.com

Women's Aid Federation of England and Wales

Women's Aid is a national domestic violence charity. It also runs a domestic violence online help service.

www.womensaid.org.uk/information-support

Susy Lamplugh Trust

The Trust is a leading authority on personal safety. Its role is to minimise the damage caused to individuals and to society by aggression in all its forms – physical, verbal and psychological.

[Tel: 020 83921839](tel:02083921839)

[Fax: 020 8392 1830](tel:02083921830)

Email: info@suzylamplugh.org

www.suzylamplugh.org

The Beaumont Society

The largest and longest-established transgender support group in the UK.

[Getting Support | Beaumont Society](#) to email or text

24-hour information line: 01582 412220