

CHILDLINE [Accessible 24/7]

help for children and young people under 19 years old

0800 11 11

www

STOP IT NOW [Mon-Thu 9am-9pm & Fri 9am-5pm]

a safe place helping children experiencing sexual abuse

0808 1000 900

www

NSPCC The National Society for Prevention of Cruelty to Children [Mon-Fri 11am-6pm]

a safe place for children experiencing abuse

0808 800 5000 & help@nspcc.org.uk

www

ELDERLY ABUSE

'We are Hourglass': support and protection for vulnerable adults

0808 808 8141 [Accessible 24/7]

www

DOMESTIC VIOLENCE

'Refuge': help for anyone experiencing domestic abuse

0808 2000 247 [Accessible 24/7]

www

THIRTYONE:EIGHT

support for any safeguarding questions or concerns

0303 003 1111 [Mon-Fri 9am-5pm]

www

FAMILY LIVES

support for families and bullying helpline

0808 800 2222 [Mon-Fri 10:30am-9pm]

www

FOCUSED SUPPORT

Children / Young People

Abuse

Elderly

Families

Grief

Mental Health



CRUSE BEREAVEMENT

[Wed-Fri 9am-5pm / Tue & Thu 9am-8pm]

support for anyone experiencing grief

0808 808 1677

www

SAMARITANS [7 Days 4pm-10pm]

help for anyone feeling down or desperate

116 123

www

MIND

a safe place to talk about your mental health

0300 123 3393 [Mon-Fri 9am-6pm]

www

SANE [7 days 4pm-10pm]

out-of-hours mental health helpline

0300 304 7000

www

SHOUT [Accessible 24/7]

confidential mental health text support service

TEXT "SHOUT" 85258

www



ORCHARDCHURCH

Meriden Ave. Wollaston, DY8 4QL | 0330 229 1980