

HELP IS AVAILABLE

It's important to remember, that you're not alone. No matter the challenges you're currently facing, there are people who want to support you and access to free resources to help with a range of areas of your life.



0345 605 1956
www.lighthouseclub.org



0330 123 3393
www.mind.org.uk



020 7089 5050
www.youngminds.org.uk



116 123
www.samaritans.org

These charities offer support to people facing mental health challenges or those needing support to help others



0800 802 2000
www.turntous.org.uk



0808 800 4444
www.england.shelter.org.uk



0808 2082138
www.trusselltrust.org

These charities are available for people who may need support with everyday challenges like finance, food and housing



0800 9177650
www.alcoholics-anonymous.org.uk



0800 8020 133
www.gamcare.org.uk



020 3981 5525
www.actionaddiction.org.uk

These charities help people affected by drug, alcohol and gambling addictions



0808 801 0677
www.beateatingdisorders.org.uk



0800 678 1602
www.ageuk.org.uk



0808 808 0000
www.macmillan.org.uk



020 7605 0100
www.eveappeal.org.uk

These charities offer help to those who need support and advice around their health and wellbeing



01823 334244
www.mankind.org.uk



0808 2000 247
www.refuge.org.uk

These charities are available to men and women who are suffering domestic violence and are looking for support to improve their situation



Find out more

