

Support Contact Details



ORGANISATION	CONTACT DETAILS
POLICE	Call 999
SAMARITANS: Mental health emergency support	Call 116 123 free from any phone
SHOUT: 24/7 Mental health text support.	https://giveusashout.org/ or text 'Shout' to 85258
MIND: Mental health helpline	0300 123 3393 (9am-6pm daily)
CITIZENS ADVICE	Visit www.citizensadvice.org.uk or call 0800 14 48 848
REFUGE: National Domestic Abuse Helpline	Call 0808 2000 247 or live chat

