

# Helpers in the Community

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## SUICIDE PREVENTION

HOPELINEUK (PAPYRUS)

Phone: 0800 068 4141

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Text: 07860039967

Mon – Sun 0900 - 2400  
including Bank holidays

Samaritans

Phone 116 123

Email [jo@samaritans.org](mailto:jo@samaritans.org)

24/7

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## MENTAL HEALTH

Mind

Info Line: 0300 123 3393

<https://www.mind.org.uk/>

Mon – Fri 0900 – 1800

Rethink

Advice Line: 0300 5000 927

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

Mon – Fri 1000 - 1300

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## CHILD & ADOLESCENT

Young Minds

Parents Advice Line: 0808 802 5544

<https://youngminds.org.uk/>

Mon – Fri 0930 - 1600

Childline

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

24/7

NSPCC

0808 800 5000

<https://www.nspcc.org.uk/>

Child and Adolescent Mental Health  
Services (CAMHS) – NHS Service

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## ANXIETY

Anxiety UK

03444 775 774

<https://www.anxietyuk.org.uk/>

No Panic

0844 967 4848

<https://nopanic.org.uk/>

1000 - 2200

24/7

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## SELF-HARM

Self Injury Support

<https://www.selfinjurysupport.org.uk/>

SelfharmUK

<https://www.selfharm.co.uk/>

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## ADDICTION

Addiction Helper

0800 044 8267

<https://www.addictionhelper.com/>

24/7

GamCare

0808 8020 133

<https://www.gamcare.org.uk/>

24/7

Ad Fam

<https://adfam.org.uk/>

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## LGBTQ+

LGBT Foundation

0345 330 30 30

<https://lgbt.foundation/>

Beaumont Society

<https://www.beaumontsociety.org.uk/>

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There is more information on the PAPYRUS website:

<https://papyrus-uk.org/places-to-turn-for-help/>

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## **DOMESTIC ABUSE AND VIOLENCE**

National Domestic Abuse Helpline  
0808 2000 247  
24/7

National Centre for Domestic Violence  
0844 8044 999  
<https://www.ncdv.org.uk/>

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## **RAPE AND SEXUAL ASSAULT**

RapeCrisis  
<https://rapecrisis.org.uk/>

The Survivors Trust  
0800 010 818  
<https://www.thesurvivorstrust.org/>  
Mon-Thurs 1000 – 1800

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## **HOMELESSNESS**

Shelter  
<https://england.shelter.org.uk/>

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## **BEREAVEMENT**

Child Bereavement UK  
0800 02 888 40

Survivors of Bereavement by Suicide  
0300 111 5065

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## **APPS**

Hub of Hope

Stay Alive

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