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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 |
| **MENTAL HEALTH** |
| Mind  Info Line: 0300 123 3393 |
| <https://www.mind.org.uk/> |
| Mon – Fri 0900 – 1800 |
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| Rethink  Advice Line: 0300 5000 927 |
| <https://www.rethink.org/>  Mon – Fri 1000 - 1300 |
| **CHILD & ADOLESCENT** |
| Young Minds |
| Parents Advice Line: 0808 802 5544 |
| <https://youngminds.org.uk/>  Mon – Fri 0930 - 1600 |
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| Childline  0800 1111 |
| [www.childline.org.uk](http://www.childline.org.uk) |
| 24/7 |
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| NSPCC  0808 800 5000 |
| <https://www.nspcc.org.uk/> |
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| Child and Adolescent Mental Health Services (CAMHS) – NHS Service |
| **ANXIETY** |
| Anxiety UK  03444 775 774 |
| <https://www.anxietyuk.org.uk/> |
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| No Panic  0844 967 4848 |
| <https://nopanic.org.uk/> |
| 1000 - 2200  24/7 |
| **SELF-HARM** |
| Self Injury Support |
| <https://www.selfinjurysupport.org.uk/> |
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| SelfharmUK |
| <https://www.selfharm.co.uk/> |
| **ADDICTION** |
| Addiction Helper  0800 044 8267 |
| <https://www.addictionhelper.com/> |
| 24/7 |
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| GamCare  0808 8020 133 |
| <https://www.gamcare.org.uk/> |
| 24/7 |
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| Ad Fam |
| <https://adfam.org.uk/> |
| **LGBTQ+** |
| LGBT Foundation  0345 330 30 30 |
| <https://lgbt.foundation/> |
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| Beaumont Society |
| <https://www.beaumontsociety.org.uk/> |
| **DOMESTIC ABUSE AND VIOLENCE** |
| National Domestic Abuse Helpline |
| **0808 2000 247**  **24/7** |
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| **National Centre for Domestic Violence**  0844 8044 999 |
| <https://www.ncdv.org.uk/> |
| **RAPE AND SEXIUAL ASSAULT** |
| RapeCrisis |
| <https://rapecrisis.org.uk/> |
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| The Survivors Trust  0800 010 818 |
| <https://www.thesurvivorstrust.org/> |
| Mon-Thurs 1000 – 1800 |
| **HOMELESSNESS** |
| Shelter |
| <https://england.shelter.org.uk/> |
| **BEREAVEMENT** |
| Child Bereavement UK |
| 0800 02 888 40 |
| Survivors of Bereavement by Suicide  0300 111 5065 |
| **APPS** |
| Hub of Hope  Stay Alive |