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| **SUICIDE PREVENTION** |
| HOPELINEUK (PAPYRUS) |
| Phone: 0800 068 4141 Email: pat@papyrus-uk.org Text: 07860039967 |
| Mon – Sun 0900 - 2400including Bank holidays |
| Samaritans  |
| Phone 116 123 Email jo@samaritans.org 24/7 |
| **MENTAL HEALTH** |
| Mind Info Line: 0300 123 3393 |
| <https://www.mind.org.uk/> |
| Mon – Fri 0900 – 1800 |
|   |
| RethinkAdvice 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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| NSPCC0808 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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| GamCare0808 8020 133 |
| <https://www.gamcare.org.uk/> |
| 24/7 |
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| Ad Fam  |
| <https://adfam.org.uk/> |
| **LGBTQ+**  |
| LGBT Foundation0345 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**  |
|  |
| **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 Suicide0300 111 5065 |
| **APPS** |
| Hub of Hope Stay Alive  |