

Need to  
talk?

Experiencing personal crisis or  
unable to cope:

**SAMARITANS**

Open: 24/7

Phone: 116 123

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

Experiencing a personal crisis or  
unable to cope:

**shout**

Open: 24/7

Text SHOUT to 85258

Male domestic abuse helpline:

ManKind   
Initiative

Open: Weekdays 10am –4pm

Phone: 01823 334244

Concerns about drugs:

**FRANK**

Open: 24/7

Phone: 0300 1236600

Text: 82111 or live chat online

Support for females who have  
experienced sexual violence:

**RAPE  
CRISIS**

Open: Every day 12pm–2.30pm  
& 7pm –9.30pm

Phone: 0808 802 9999

Domestic abuse helpline:

**Refuge**  
  
For women and children.  
Against domestic violence.

Open: 24/7

Phone: 0808 2000 247

Help, advice and support on elder  
abuse:

  
**Hourglass**

Open: Weekdays 9am–5pm

Phone: 0808 808 8141

Help, advice and support for  
children and parents:

Open: 24/7

Phone: 0800 1111

**ChildLine** 