

NSPCC  
**0808 800 5000**  
(24hrs)

National Domestic  
Abuse Helpline  
**0808 2000 247**  
(24hrs free)

Mind  
**0300 123 3393**  
(Mon-Fri 9-6)

**NEVER ALONE** لا تتركك أبداً

Victim Support  
**0808 168 9111**  
(24hrs)

Cruse Bereavement  
**0800 808 1677**  
(Mon-Fri 9-5)

ChildLine  
**0800 1111**  
(24hrs)

Action on Elder Abuse  
**0808 808 8141**  
(Mon-Fri 9-5)

Respect - Men's Advice Line  
**0808 801 0327**  
(Mon-Fri 9-5 or 8pm)

Samaritans  
**116 123**  
(24hrs free)

National Centre for Domestic  
Violence  
**0207 186 8270**

