

# 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 – Fri 0900 - 2200  
Sat – Sun 1400 – 2200  
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+

There is more information on the PAPYRUS website:  
<https://papyrus-uk.org/places-to-turn-for-help/>

Handwritten notes: HopeLine - 0800 068 4141 Suicide Policy in the document

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LGBT Foundation

0345 330 30 30

<https://lgbt.foundation/>

Beaumont Society

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

0300 111 5065

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**APPS**

Hub of Hope

Stay Alive

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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 SEXIUAL 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

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