

# HELPLINES - FINANCIAL

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## **Citizens Advice**

Citizens Advice offers phone and webchat services. They also have advice centres in England, Wales and Scotland.

Telephone (England): 0800 144 8848

Telephone (Wales): 0800 702 2020

Telephone (Scotland): 0800 028 1456

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## **National Debtline**

National Debtline offers phone and webchat services in England and Wales.

Telephone: 0808 808 4000

Monday to Friday, 9am to 8pm

Saturday, 9:30am to 1pm

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## **MoneyPlus Advice**

MoneyPlus Advice offers phone and email services. They also have an online debt advice service.

Telephone: 0161 837 4754

Monday to Thursday, 8am to 8pm

Friday, 8am to 4pm

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## **Money Wellness**

Money Wellness offers phone services.

Telephone: 0161 518 8282

Monday to Friday, 9am to 8pm

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## **Debt Advice Foundation**

Debt Advice Foundation offers phone and webchat services.

Telephone: 0800 043 40 50

Monday to Friday, 8am to 6pm

# HELPLINES - SUBSTANCE ABUSE

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## **Alcoholics Anonymous (AA)**

0800 9177 650

[help@aamail.org](mailto:help@aamail.org) (email helpline)

[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

Help and support for anyone with alcohol problems.

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## **FRANK**

0300 123 6600

[talktofrank.com](http://talktofrank.com)

Confidential advice and information about drugs, their effects and the law?

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## **We Are With You**

[wearewithyou.org.uk](http://wearewithyou.org.uk)

Supports people with drug, alcohol or mental health problems, and their friends and family.

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## **Narcotics Anonymous**

0300 999 1212

[ukna.org](http://ukna.org)

Support for anyone who wants to stop using drugs.

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## **Release**

020 7324 2989

[ask@release.org.uk](mailto:ask@release.org.uk) (email helpline)

[release.org.uk](http://release.org.uk)

National charity that offers free and confidential advice about drugs and the law.

# HELPLINES - SELF INJURY



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## **Harmless**

[harmless.org.uk](http://harmless.org.uk)

User-led organisation that supports people who self-harm, and their friends and family.

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## **Hub of Hope**

[hubofhope.co.uk](http://hubofhope.co.uk)

UK-wide mental health service database. Lets you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

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## **National Self Harm Network (NSHN)**

[nshn.co.uk](http://nshn.co.uk)

Survivor-led online support forum for people who self-harm, their friends and families.

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## **Self-injury Support**

0808 800 8088

0780 047 2908 (text support)

[selfinjurysupport.org.uk](http://selfinjurysupport.org.uk)

Information and support for women and girls affected by self-harm, trauma and abuse.

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## **British Association for Counselling and Psychotherapy (BACP)**

[bacp.co.uk](http://bacp.co.uk)

Professional body for talking therapy and counselling. Provides information and a list of accredited therapists.

# HELPLINES - ANXIETY

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## **Anxiety Care UK**

[anxietycare.org.uk](http://anxietycare.org.uk)

Helps people with anxiety disorders.

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## **Hub of Hope**

[hubofhope.co.uk](http://hubofhope.co.uk)

UK-wide mental health service database. Lets you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

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## **Anxiety UK**

03444 775 774 (helpline)

07537 416 905 (text)

[anxietyuk.org.uk](http://anxietyuk.org.uk)

Advice and support for people living with anxiety.

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## **No Panic**

0300 7729844

[nopanic.org.uk](http://nopanic.org.uk)

Provides a helpline, step-by-step programmes, and support for people with anxiety disorders.

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## **Triumph Over Phobia (TOP UK)**

[topuk.org](http://topuk.org)

Provides self-help therapy groups and support for those with OCD, phobias and related anxiety disorders.