

NATIONAL HELPLINES AND SUPPORT AGENCIES

[Safe Spaces](#) – a free, independent support service, for survivors of church related abuse. Open Mon-Fri 9am-9pm; Saturday 9am-1pm; Sunday 1pm-5pm. Telephone: 0300 303 1056 Email: SafeSpaces@FirstLight.org.uk

[Samaritans](#) Freephone Helpline: 116 123 (24 hours/365 days a year) for people experiencing distress or despair, including suicidal feelings.

[CALM](#) Helpline: 0800 585858 (for anyone affected by suicide or suicidal thoughts). Open daily, 5pm-midnight.

[Papyrus](#) Helpline: 0800 068 4141 (support for under 35's experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide).

[Mind](#) Helpline: 0300 102 1234 (Support for those experiencing mental health issues), open 9am-6pm Mon-Fri

[Young Minds](#) Information and tools to help young people look after their mental health)

<https://www.womensaid.org.uk/information-support/> Information and support on domestic abuse.

[National Domestic Violence Helpline](#) – 0808 2000 247 (open 24 hours, 365 days a year)

[Men's Domestic Abuse Helpline](#) – 0808 801 0327 (Mon-Fri 10am-5pm)

[National LGBT+ Domestic Abuse Helpline](#) – 0800 999 5428 (Mon-Fri 9.15am-4.30pm, Mon/Tue until 8pm)

[National Stalking Helpline](#) - 0808 802 0300 (Mon-Fri 9.30am-4pm, Mon/Wed 9.30-8pm)

[Rape Crisis Helpline](#) - 0808 500 2222 (open 24hrs, 365 days a year). National organisation offering support and counselling for those affected by rape and sexual abuse.

[Enough UK](#) (campaign to end violence against women and girls. Includes list of support agencies)

[Respect](#): 0808 8024040 Mon-Fri 10am-5pm (Choose to stop: help for domestic violence perpetrators)

[Modern Slavery and Exploitation](#) Helpline 08000 121 700 (open 24 hours, 365 days a year)

[NSPCC](#) (National Society for the Prevention of Cruelty to Children) Helpline: 0808 800 5000 (Mon-Fri 10am-10pm or online reporting 24 hours) – support for anyone worried about a child.

[Childline](#) Helpline: 0800 1111 (open 24 hours, 365 days a year). Counselling service for children and young people. 1-2-1 chat with a counsellor also available.

[Age UK website](#) Helpline: 0800 678 1602 (open 8am-7pm, 365 days a year)

[Dementia UK](#) Helpline: 0800 888 6678 (support for people with dementia and their families/carers).

[The National Careline](#): 0800 0699 784 (support for older people, their carers and families).

[Frank](#) Helpline 0300 123 6600 (for advice and information on drugs and substance misuse).

[Mencap](#) Information and advice for people with a learning disability, their families and carers. Learning Disability Helpline – helpline@mencap.org.uk

[Citizens Advice](#) National Helpline: 0800 144 8848 (free impartial advice over phone or online) and [Contact your Local Citizens Advice Centre](#) for free impartial advice on benefits, work, debt, housing and more.

LOCAL HELPLINES AND SUPPORT AGENCIES

Diocese Safeguarding Team (for advice or to register concerns): telephone 01962 737317 mobile: 07921 865374 email: safeguarding@winchester.anglican.org

Worried about an adult?

In an emergency phone 999

Hampshire Adult's Services: 0300 555 1386 (office hours); 0300 555 1373 (out of hours)

Southampton Adults Services: 02380 833003 (office hours); 02380 233344 (out of hours)

Bournemouth, Christchurch and Poole: 01202 123654 (office hours); 0300 123 9895 (out of hours)

Dorset: 01305 221016 (office/out of hours)

Worried about a child?

In an emergency phone 999

Hampshire Children's Services: 0300 555 1384 (office hours) 0300 555 1373 (out of hours)

Southampton Children's Services: 02380 833336 (for members of the public); 02380 832300 (for professionals); 02380 233344 (out of hours)

Bournemouth, Christchurch and Poole: 01202 123334 (office hours); 01202 738256 (out of hours)

Dorset Council Area: 01305 228558 (Mon-Friday 8am-10pm; Sat, Sun, Bank Holidays 9am-10pm); 01305 221000 (out of hours)

[Hampshire Domestic Abuse Service](#) – 03300 165 112

PIPPA (Southampton area) Helpline – 02380 917 917 - for anyone experiencing domestic abuse. Referrals for those who need specialist support (Southampton area).

[Yellow Door](#) (Southampton/West Hampshire area) Helpline - 02380 636 313 (every Wednesday 4pm-7pm)
Emotional support and follow-up services to victims of sexual violence and abuse.

[PARAGON](#) Domestic Abuse Service Dorset Helpline – 0800 032 5204

[No Limits](#) (Southampton) – 02380 224 224 (advice, advocacy and support for children to under 25's)

Young People Crisis Line (Hampshire) – 0300 303 1590 (Mon-Thurs 3pm-8.30pm). Telephone support for children aged 11-17 in Hampshire experiencing a mental health crisis.

NHS [Mental Health Crisis Support](#) – call 111.

[The Lighthouse](#) (Southampton) – informal support for those aged 18+ in mental health crisis - text Lighthouse to 07789 390812 or drop in between 4.30pm-10.30pm (7 days a week) to either 147 Shirley Road, SO15 3FH or 432 Bitterne Road, Bitterne Village, SO18 5RT.

[East Hampshire Mind](#) – 02392 498916 (office hours) for those experiencing difficulty with their mental health or wellbeing.

[Connect to Support Hampshire](#) – online information and directory of services for adult residents in Hampshire.