

NATIONAL HELPLINES AND SUPPORT AGENCIES

[Safe Spaces](#) – a free, independent support service, run by Victim Support, for survivors of church related abuse. Telephone: 0300 303 1056. WebChat available via [website](#).

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

[CALM](#) Helpline: 0800 585858 (offers support to men struggling or in a crisis).

[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 123 3393 (Support for those experiencing mental health issues).

[Young Minds](#) Helpline: 0808 802 5544 (information about different mental health issues)

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

[National Domestic Violence Helpline](#) – 0808 2000 247 (24 hours)

[Men's Domestic Abuse Helpline](#) – 0808 801 0327 (Mon-Fri 9am-8pm)

[National LGBT+ Domestic Abuse Helpline](#) – 0800 999 5428 (Mon-Fri 10am-5pm) Wed/Thu until 8pm)

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

[Rape Crisis Helpline](#) - 0808 802 9999 (12-2:30pm and 7pm-9:30pm) – 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 (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 8am-10pm, weekends 9am-6pm or online reporting 24 hours) – support and advice to parents, professionals and families or if you are 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 online.

[Action for Children](#) Telephone: 01923 361 500 (supporting children, young people and their families).

[Action on Elder Abuse](#) Helpline: 0808 808 8141 (working to protect and prevent the abuse of vulnerable older adults).

[Age UK website](#) Helpline: 0800 169 2081

[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](#) Helpline: 0808 808 1111 (provides information and advice for people with a learning disability, their families and carers)

[Citizens Advice](#) National Helpline: 0800 144 8848 (free impartial advice over phone or online).

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); 23080 233344 (out of hours)

Bournemouth, Christchurch and Poole: 01202 123654 (office hours); 0300 1239895 (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)

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

PIPPA (Southampton area) Helpline – 02380 917 917 (Mon-Fri 9.30am-4.30pm) - for anyone experiencing domestic abuse. Referrals for those who need specialist support (Southampton area).

[Yellow Door](#) (Southampton/West Hampshire area) Helpline - 02380 636 312 (every Wednesday 4pm-7pm) Emotional support and follow-up services to victims of sexual violence and abuse.

[PARAGON](#) (formerly You First) integrated domestic abuse service (Dorset) Helpline – 0800 032 5204

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

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.

[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.

[Contact your Local Citizens Advice Centre](#) for free impartial advice on benefits, work, debt, housing and more.