

USEFUL NUMBERS



If you need support when we are closed, consider the following options:

TALK TO US
If things are getting to you

116 123 FREE
This number is FREE to call round the clock

jo@samaritans.org

samaritans.org

SAMARITANS
A registered charity

A green and purple graphic for Samaritans. On the left, a purple circle contains the text 'TALK TO US' in large white letters, with 'If things are getting to you' below it. On the right, a green background contains contact information: a phone icon next to '116 123' with 'FREE' in a speech bubble and a note 'This number is FREE to call round the clock'; an email icon next to 'jo@samaritans.org'; a globe icon next to 'samaritans.org'; and the Samaritans logo 'SAMARITANS' in a white box with a black border, with 'A registered charity' written below it.

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

IF
YOU'RE
FRIGHTENED
OF YOUR
PARTNER,
CALL US.

NATIONAL DOMESTIC VIOLENCE HELPLINE

0808 2000 247

24/7 CONFIDENTIAL FREEPHONE

If you are feeling suicidal you can present yourself to the Accident and Emergency Department of any hospital or if it is an emergency call **999**.

Drinkline

Alcohol Helpline

0300 123 110