

Useful phone numbers for help and support over the Christmas AND NEW YEAR period

	<p>116 123 Freephone number 24 hours a day every day</p>
	<p>0300 304 7000 open between 4:30pm and 10:30pm each evening. The Saneline helpline is a specialist mental health helpline</p>
	<p>01722 580171 The Trussell Trust runs a network, giving emergency food and support to people in crisis across the UK.</p>
	<p>0800 4 70 80 90 Open 24 hours every day Free confidential helpline for older people Call Silver Line for information, friendship and advice at any time of the day or night.</p>
	<p>0808 808 4994 A confidential helpline service for young people under 25 who need help, but don't know where to turn. You can call The Mix if you are feeling low, anxious or lonely or want to talk through something that is upsetting you like relationship difficulties, family problems or drug use.</p>
	<p>0800 068 41 41 HopelineUK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide.</p>
	<p>0800 585858 CALM offers support to men in the UK, of any age, who are feeling down or in crisis.</p>
	<p>0808 808 4000 A debt advice charity run by the Money Advice Trust offering a free and confidential debt advice service.</p>
	<p>0808 802 0925 (Helpline) For advice and information as a single parent on a wide range of issues, including benefits and tax credits, childcare, separation, work, housing and child maintenance</p>
	<p>0808 2000 247 A 24 hour freephone domestic violence helpline for women</p>
	<p>03444 111 444 Free, independent, confidential and impartial advice for everyone on their rights and responsibilities, available 9am to 5pm, Monday to Friday</p>
	<p>0300 330 0630 A confidential LGBT+ helpline open 10am-10pm everyday</p>
	<p>0300 500 0914 A helpline if you are worried about someone sleeping rough or if you are sleeping rough.</p>

If you are concerned about an immediate risk of harm - either to yourself or someone else - phone 999. If it is not an emergency but you require urgent advice, call 101. Visit your local Accident & Emergency department if necessary.

Keep Calm at Christmas