

## **USEFUL ORGANISATIONS**

### **Action on Elder Abuse**

A nationwide charity working to protect and prevent the abuse of vulnerable older adults.

Telephone 020 8835 9280

Helpline 0808 808 8141

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

### **Age UK**

Age UK offers a free, confidential, national phone service for older people, their families and friends, carers and professionals. They have a team of expert advisers who give advice and information that is reliable and up-to-date.

Telephone 0800 055 6112 (8am–7pm, 365 days a year)

### **Alcohol Change UK**

A charity that helps with alcohol issues. Their vision is of a world free from serious alcohol harm.

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

### **Barnardo's**

Works to transform the lives of vulnerable children and young people.

Telephone 020 8550 8822

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

### **Beat**

An eating disorder charity that can support anyone affected by an eating disorder.

Helpline (adult) 0808 801 0677 (youth) 0808 801 0711

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

### **Brook**

Information on sexual health and support around relationships.

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

### **Child Exploitation and Online Protection (CEOP)**

Works across the UK tackling child sexual abuse and providing advice for parents, young people and professionals. Also see **ThinkuKnow**

Helpline 0870 000 3344

[ceop.police.uk](http://ceop.police.uk)

### **Childline**

A free and confidential helpline for children and young adults in the UK. It offers help and advice plus volunteering and fundraising details.

Helpline 0800 1111

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

28 St John Ambulance Safeguarding policy and procedures

### **Citizens Advice**

Helps people resolve legal, money and other problems by providing free, independent and confidential advice.

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

### **Crimestoppers**

Crimestoppers believe that everyone has the right to feel safe from crime. Whoever you are, wherever you live, from communities to companies. They also share advice on how to protect the people you care about from crime so everyone can feel safe.

Telephone 0800 555 111

(24 hours a day, 365 days a year)

[crimestoppers-uk.org](http://crimestoppers-uk.org)

### **Cruse Bereavement Care**

The leading national charity for bereaved people in England, Wales and Northern Ireland.

Helpline 0808 808 1677

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

### **Daughters of Eve**

A non-profit organisation that works to protect girls and young women who are at risk from female genital mutilation (FGM). By raising awareness about FGM and signposting to support services, they aim to help people who are affected by FGM and ultimately help bring an end to this practice.

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

### **Dementia Friends**

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts, and talks about the condition.

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

### **Disrespect Nobody**

A campaign promoting healthy relationships.

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

### **Drinkaware/Drinkline**

Telephone support for adults and young people. Offers free, confidential, accurate and consistent information and advice to callers who are concerned about their own or someone else's drinking.

Telephone 020 7766 9900

Helpline 0300 123 1110

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

### **Equality and Human Rights**

Helps to promote equality and human rights, provides guidance and raising awareness of your rights.

Helpline 0808 800 0082

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

### **Family Lives (formerly Parentline Plus)**

A free, confidential 24-hour helpline for parents concerned with a range of issues

Helpline 0808 800 2222

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

### **Galop**

Supports LGBT+ people who have or are experiencing domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage and other form of abuse.

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

Helpline 0800 999 5428

### **Gingerbread**

Information, help and local groups for lone parents.

Helpline 0808 802 0925 (Mon-Fri 9am-5pm)

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

### **Kidscape**

Kidscape produces leaflets and booklets on bullying, and runs a helpline.

Telephone 020 7730 3300 (Mon-Fri)

Parent advice line 020 7823 5430

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

### **Language Line**

Immediate interpreter provision in 100 languages, 24 hour service.

Telephone 0800 169 2879

[languageline.com/uk](http://languageline.com/uk)

### **LGBT Foundation**

A national charity that aims to achieve change with and on behalf of LGBT people and continue to meet their needs by providing vital and inclusive services.

Helpline 0345 3 30 30 30

[lgbt.foundation](http://lgbt.foundation)

### **Life Signs**

A self injury guidance and support network that helps raise awareness about self-injury and helps people who rely on self-injury.

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

### **Mankind**

A helpline service for male victims of domestic abuse or domestic violence.

Telephone 01823 334 244

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

### **Mermaids**

Provides a helpline aimed at supporting transgender youth up to and including the age of 19, their families and professionals working with them.

Helpline 0344 334 0550 (Mon-Fri, 9am-9pm).

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

### **Migrant Help UK**

Supporting survivors of human trafficking and modern day slavery, Migrant Help provides specialist support programmes and a 24/7 confidential advice line for across the UK.

Free helpline 0808 8000 630

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

### **Mind**

The leading mental health charity promoting understanding of mental health.

Telephone 020 8519 2122

Helpline 0300 123 3393

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

### **Modern Slavery Helpline**

To get help, report a suspicion or seek advice, phone their helpline.

Helpline 0800 0121 700 (non-emergencies phone 101).

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

### **National Domestic Violence**

Gives information on housing, welfare, health and legal rights, refers women and children to refuges across the country, makes referrals to temporary emergency accommodation and helps to get support from the police. Free 24 hour national domestic violence helpline.

Telephone 0800 970 2070

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

### **Net Aware**

Net Aware is a guide to the social networks children use, giving parent's advice about features like privacy settings, safety and reporting problems.

[net-aware.org.uk](http://net-aware.org.uk)

### **NSPCC**

Works to end cruelty to children in the UK by standing up for their rights, listening to them, helping them and making them safe. Free 24 hour national helpline for information and confidential advice about all types of problems.

Telephone 0808 800 5000

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

### **One in Four**

Offers a voice to and support for people who have experienced sexual abuse and sexual violence.

Telephone 020 8697 2112

Email [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)

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

### **Prevent**

If you are unsure or suspicious about somebody's activities or behaviour, however insignificant it may seem at the time, please report your concerns to the anti-terrorist hotline.

Hotline 0800 789 321

[gov.uk/report-terrorism](https://gov.uk/report-terrorism)

### **Rape and Sexual Abuse Support Centre (RASASC)**

National freephone helpline for female and male survivors, partners, friends and family.

Telephone 0808 802 9999

Email [info@rasasc.org.uk](mailto:info@rasasc.org.uk)

[www.rasasc.org.uk](http://www.rasasc.org.uk)

### **Refuge**

National charity that provides emergency accommodation and support for women and children experiencing domestic violence.

Telephone 020 7395 7700

Helpline 0808 200 0247

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

### **Respect**

Information on national services for perpetrators of domestic violence, male victims of domestic abuse, and young people using violence and abuse.

Helpline 0808 802 4040

Male domestic abuse survivor's helpline 0808 801 0327

[respect.uk.net](http://respect.uk.net)

### **SAFE (Stop Abuse for Everyone)**

Exeter based support for families and individuals fleeing and recovering from domestic violence and abuse.

[www.safe-services.org.uk](http://www.safe-services.org.uk)

### **Samaritans**

National free suicide helpline 116 123

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

### **Scope**

Scope's Disablement Information and Advice Lines (DIAL) UK offer information and help for people with disability and their families.

Helpline 0808 800 3333 (9am-9pm)

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

### **Shekinah**

Plymouth based organisation that provides opportunities for people experiencing all forms of homelessness and other challenges.

[www.shekinah.co.uk](http://www.shekinah.co.uk)

Telephone 01752 203480

### **Stonewall**

Working for equality and justice for all lesbian, gay, bi and transsexual people.

Telephone 020 7593 1850

Helpline 0800 050 2020

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

### **Talk to Frank**

Friendly, confidential drugs advice.

Helpline 0300 123 6600 (24 hours a day, 365 days a year)

SMS 82111

Email [frank@talktofrank.com](mailto:frank@talktofrank.com)

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

### **The Silver Line**

Confidential free helpline for older people across the UK, open every day and night of the year offering information, friendship and advice

Helpline 0800 4 70 80 90

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

### **ThinkuKnow**

A programme from the Child Exploitation and Online Protection Centre (CEOP) that aims to help children stay safe online.

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

### **UK Safer Internet Centre**

Helpline for professionals working with children and young people, specifically tackling the area of e-safety.

Helpline 0344 381 4772 (Mon-Fri, 10am-4pm)

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

### **Women's Aid**

Support and information for those who are or have experienced domestic abuse.

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[chat.womensaid.org.uk](http://chat.womensaid.org.uk) (Monday to Friday 10:00am - 6:00pm, Saturday and Sunday 10:00am - 6:00pm)

### **Young Minds**

Support for anyone with concerns about the mental health of a child or young person.

Telephone 020 7089 5050

Parents helpline 0808 802 5544

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