

NATIONAL HELPLINES

**Please check websites for up to date contact information.*

of Organisation	Support Available	Contact Information	Website
NSPCC	Call if you are worried about a child.	You can contact the NSPCC Helpline by calling 0808 800 5000 *Helpline is currently available 10am–8pm Monday to Friday.	www.nspcc.org.uk
Childline (NSPCC):	Call if you are a child or young person and are worried about anything - no problem is too big or too small.	0800 1111 , free phone, 24/7	www.childline.org.uk
National Domestic Violence Helpline	Call if you are experiencing domestic abuse.	0808 2000 , free phone, 24/7	www.nationaldahelpline.org.uk
Samaritans	Call if you feel you are struggling to cope and need someone to talk to	116 123 , free phone, 24/7	www.samaritans.org
Hourglass (Action on Elder Abuse)	Support to an older person or anyone concerned about an older person who is at risk.	0808 808 8141 , free phone, 24/7 Free text 078 6005 2906.	www.wearehourglass.org
The Survivors Trust	Support and empower survivors of rape, sexual violence and childhood sexual abuse.	0808 801 0818 , free phone *Monday- Thursday: 10am-12.30pm, 1.30pm-4pm & 6pm-8pm Friday: 10am-12.30pm & 1.30pm-4pm Saturday: 10am-12.30pm Sunday: 6pm-8pm	www.thesurvivorstrust.org
NAPAC	Offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect	0808 801 0331 , freephone *Monday to Thursday: 10am – 9pm Friday: 10am – 6pm Saturday and Sunday – Closed	www.napac.org.uk

<i>This information has been updated by:</i>	
<i>Review Date:</i>	