

Forest Circuit Safeguarding Help and Support Charities



0808 802 1155
Stop Learning Disability Hate Crime

Lifeline
0808 808 8000



0300 222 11 22



Mind Info Line
0845 766 0163



0808 802 0300

ChildLine
0800 1111

TALK TO US
If things are getting to you

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

SAMARITANS

BullyingUK
www.bullying.co.uk

**modern
slavery
helpline**
08000 121 700

CRIMESTOPPERS
0800 555 111
Call anonymously with information about crime

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

Child Bereavement UK
REBUILDING LIVES TOGETHER
0800 02 888 40
support@childbereavementuk.org

NSPCC
HELPLINE
0808 800 5000
help@nspcc.org.uk

IS ALCOHOL COSTING YOU MORE THAN MONEY?



Alcoholics Anonymous
0800 917 7650
www.alcoholics-anonymous.org.uk
Email: help@aamail.org
ALL ENQUIRIES ARE TREATED IN THE STRICTEST CONFIDENCE



0808 801 0661
Stop LGB & T Hate Crime



Adult Helpline: **0808 801 0677**
Studentline: **0808 801 0811**
Youthline: **0808 801 071**

NATIONAL GAMBLING HELPLINE
0808 8020 133