

Other Contacts and Resources

**In an emergency call the Police on 999
(101 non-emergency)**

Childline 0800 1111

Samaritans 116 123

Mental Health Services

**Papyrus (teenage suicide/mental health)- 0800
068 4141**

Hub of Hope App available on the app store

**Text "SHOUT" to 85258 to contact the Shout Crisis
Text Line, or text "YM" if you're under 19**

**Call NHS 111 (for when you need help but are not
in immediate danger)**

Other Services

Talk to FRANK- 0300 123 6600

**National Domestic Violence Hotline Freephone 24
hour run by Refuge on 0808 247 2000**

Foodbanks - The Trussell Trust - 0151 281 9716

Age UK - 0800 678 1602