

Crime	<p>Victim Support</p> <p>Phone: 0808 168 9111 (24-hour helpline) Website: www.victimsupport.org</p>	<p>Rape Crisis</p> <p>To find your local services phone: 080 8 802 9999 (daily, 12 to 2.30pm, 7 to 9.30pm) Website: www.rapecrisis.org.uk</p>	Families and Relationships	<p>Relate</p> <p><i>The UK's largest provider of relationship support.</i> Website: www.relate.org.uk</p>
	<p>NSPCC</p> <p><i>Children's charity dedicated to ending child abuse and child cruelty.</i> Phone: 0800 1111 for Childline for children (24-hour helpline)</p>	<p>Family Lives</p> <p><i>Advice on all aspects of parenting including dealing with bullying.</i> Phone: 0808 800 2222 (Mon to Fri, 9am to 9pm. Sat to Sun, 10am to 3pm) Website: www.familylives.org.uk</p>		<p>Refuge</p> <p><i>Advice on dealing with domestic violence.</i> Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk</p>
Addiction	<p>Alcoholics Anonymous</p> <p>Phone: 0845 769 7555 (24-hour) Website: www.alcoholics-anonymous.org.uk</p>	<p>Narcotics Anonymous</p> <p>Phone: 0300 999 1212 (daily 10am to midnight) Website: www.ukna.org</p>	<p>Gamblers Anonymous</p> <p>Website: www.gamblersanonymous.org.uk</p>	
	<p>Cruse Bereavement Care</p> <p>Phone: 0844 477 9400 (Mon to Fri, 9am to 5pm) Website: www.crusebereavementcare.org.uk</p>	<p>Beat</p> <p><i>UK charity supporting those affected by eating disorders.</i> Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s) Website: www.b-eat.co.uk</p>	<p>Alzheimer's Society</p> <p><i>Provides information on dementia, including factsheets and helplines.</i> Phone: 0300 222 1122 (Mon to Fri, 9am to 5pm. Weekends, 10am to 4pm) Website: www.alzheimers.org.uk</p>	
Health				

Urgent Support	Samaritans	General Support	SANE	Rethink Mental Illness
	<p><i>Confidential support for people experiencing feelings of distress or despair.</i></p> <p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: www.samaritans.org.uk</p>		<p>SANEline: 0300 304 7000 (daily, 4.30 to 10.30pm)</p> <p>Textcare: http://www.sane.org.uk/textcare</p> <p>Peer support forum: www.sane.org.uk/supportforum</p> <p>Website: www.sane.org.uk/support</p>	<p><i>Support and advice for people living with mental illness.</i></p> <p>Phone: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)</p> <p>Website: https://www.rethink.org/</p>
	Mind	Specific Support	Anxiety UK	Bipolar UK
	<p><i>Promotes the views and needs of people with mental health problems.</i></p> <p>Phone: 0300 123 3393 (Mon to Fri, 9am to 6pm)</p> <p>Website: https://www.mind.org.uk/</p>		<p><i>Charity providing support if you've been diagnosed with an anxiety condition.</i></p> <p>Phone: 03444 775 774 (Mon to Fri, 9.30am to 5.30pm)</p> <p>Website: https://www.anxietyuk.org.uk/</p>	<p><i>A charity helping people living with manic depression or bipolar disorder.</i></p> <p>Website: www.bipolaruk.org.uk</p>
	CALM		No Panic	OCD UK
	<p><i>CALM is the Campaign Against Living Miserably, for men aged 15 to 35.</i></p> <p>Phone: 0800 58 58 58 (daily, 5pm to midnight)</p> <p>Website: https://www.thecalmzone.net/</p>		<p><i>Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).</i></p> <p>Phone: 0844 967 4848 (daily, 10am to 10pm)</p> <p>Website: www.nopanic.org.uk</p>	<p><i>Includes facts, news and treatments.</i></p> <p>Phone: 0845 120 3778 (Mon to Fri, 9am to 5pm)</p> <p>Website: www.ocduk.org</p>