

# Wellbeing Support List

Below is a list of services and providers who can offer wellbeing support for you throughout this time.

## **Cruse**

<https://www.cruse.org.uk/get-help/helpline>

Bereavement care: advice and information to children, young people and adults when someone dies.

Tel: 0808 808 1677

## **Domestic abuse**

<http://www.nationaldomesticviolencehelpline.org.uk/>

For women experiencing domestic violence or others calling on their behalf.

Tel: 0808 2000 247

## **Frank**

<https://www.talktofrank.com/contact-frank>

Honest information about drugs.

Tel: 0300 123 6600

## **NHS: Every Mind Matters**

<https://www.nhs.uk/oneyou/every-mind-matters>

Free support and advice for mental health support from the NHS.

## **Pay plan**

<https://www.payplan.com/contact-payplan/contact-us-new-clients/>

Free debt help and debt management plans.

Tel: 0800 280 2816

## **Samaritans**

<https://www.samaritans.org/>

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

Tel: 116 123

## **Shelter**

[https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help)

For housing or homelessness issues.

Tel: 08088 004 444

## **Shout**

<https://www.giveusashout.org/>

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.

Text "SHOUT" to 85258