

14 HELP LINES AND WEBSITES

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Alcoholics Anonymous: (01904) 644 026

Help, advice and support for anyone who is suffering alcohol dependency.

Benefits Enquiry Line: 0800 88 22 00

Information, advice and support for anyone who wishes to claim a benefit.

Broken Rainbow: 07812644914

24 hour helpline service for lesbian, gay, bi & transpeople experiencing domestic violence.

Carers UK Help Line: 0808 80 8 7777

Open Monday to Friday 10 am to 12 noon and 2 pm to 4 pm, for advice and information on carers issues.

Childline: 08001111

Confidential support and advice line for Children.

Consumer Credit

Counselling Service: 0800 138 1111

Open 8 am to 8 pm Monday to Fridays, for advice and information on debt issues.

Updated 28/08/08

Drink Line: 0800 917 82 82

Help and Advice on drink/alcohol related issues.

Epilepsy Help Line: 0808 800 5050

Information and advice on all epilepsy issues.

Mind info Line: 08457 660163

Information on mental health.

Parent Line Plus: 0808 800 2222

Support for parents

Lone Parent Help Line: 0800 018 5026

Information for lone parents.

Pluss Helpline: 0800 91 777 92

Information on ways back to work for people with disabilities

Police:

Domestic Violence Unit: 08705 777444

Contact for the Domestic violence unit.

Shelter Line: 0844 515 2399

For information on housing issues and homelessness.

Victim Support: 0845 676 10 20

Confidential advice and information and support for victims of criminal acts.

Updated 26/08/08