SUICIDE PREVENTION		
Samaritans Emergency helpline- for everyone		**116123**
Papyrus Prevention of young suicide.		**CALL: 0800 068 41 41** **TEXT: 07860 039967** **EMAIL: pat@papyrus-uk.org**
Survivors of bereavement by suicide. (SOBS) Support to friend/relative of suicide		**03001115065**
MENTAL HEALTH		
Mind Support for those suffering from mental health problems.		**0300 123 3393**
SHOUT for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.		**Text: 85258** **https://www.giveusashout.org/**
Health for Health Professionals Wales Providing support for Health Professionals and Healthcare Students across Wales		**0800 058 2738** **https://www.hhpwales.co.uk/**
EMPLOYMENT		
ACAS		**0300 123 1100** **https://www.acas.org.uk/advice**
ADDICTIONS		
Previously named **Addaction**, changed name to **We Are With You** Services to help transform the lives of people affected by drug and alcohol problems.		**020 7251 5860**
Alcoholics anonymous Support for individuals recovering from alcoholism.		**0800 9177 650**
British Doctors and Dentists Group (BDDG) Support to doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs.		**07792 819 966** **To find your nearest group & establish contact, email** jpsecbddg@gmx.co.uk
Cocaine Anonymous Services to help transform the lives of people affected by drug and alcohol problems.		**0300 111 2285**
Narcotics Anonymous Support for individuals recovering from alcoholism.		**0300 999 1212**
NHS Practitioner Health Programme (PHP)		**020 3049 4505**

Support to doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs.		
The Dentists' Health Support Programme Services to help transform the lives of people affected by drug and alcohol problems.		**0207 224 4671** email dentistsprogramme@gmail.com Websitewww.dentistshealthsupporttrust.org
Gamcare Support for individuals recovering from alcoholism.		**Call us now** **Speak to an Adviser for free: call 0808 8020 133** **https://www.gamcare.org.uk/**
Relationship		
Relate Relationship support and advice for all people		**0300 100 1234**
Abuse		
Domestic Violence Assist Specialises in assistance to obtain emergency injunctions from being further abused.		**0800 195 8699** **https://www.dvassist.org.uk/**
National Centre for Domestic Violence Specialises in assistance to get emergency injunctions from being further abused.		**0800 970 2070** **Text:- NCDV to 60777** **https://www.ncdv.org.uk/**
Women's Aid Domestic Violence Helpline Free 24-hour national helpline run by Women's Aid and Refuge.		**0808 2000 247**
Hourglass The Hourglass confidential helpline provides information and support to anyone concerned about harm, abuse or exploitation of an older person.		**0808 808 8141** **https://www.wearehourglass.org/**
Men's Advice Line Confidential helpline for male victims of domestic abuse.		**0808 801 0327** **https://mensadviceline.org.uk/**
National LGBT Domestic Abuse Helpline Emotional and practical support for LGBT+ people.		**0800 999 5428**
National Stalking Helpline Guidance on the law, how to report stalking, gathering evidence, staying safe and reducing the risk.		**0808 802 0300** **https://www.suzylamplugh.org/**
Victim Support Free and confidential help to victims of crime, witnesses, their family and friends.		**0808 1689 111** **https://www.victimsupport.org.uk/**