

Need to talk to someone?

Samaritans	Call free on 116 123 / Local: 0330 094 5717 Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.
MIND	Infoline: 0300 123 3393 Email: info@mind.org.uk Our Infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays).
FRANK	0300 1236600 Honest information about drugs.
Here4YOUth	0300 303 8200 a young person's alcohol and drug service for anyone up to the age of 18 living in Worcestershire.
Alcoholics Anonymous	0800 9177 650 help@aamail.org If you need help with a drinking problem. Local meetings: www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Worcestershire
Rape Crisis	0808 802 9999 Our helpline is free, anonymous and confidential.
Switchboard LGBT+ helpline	0300 330 0630 Open 10:00-22:00 every day.
National Domestic Violence	The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247
Men's Domestic Abuse Support	The West Mercia helpline for male victims of domestic abuse 0800 014 9082
Farming Community Network	03000 111 999 7am – 11pm every day of the year
Dementia Helpline	Call our Helpline for free on 0800 888 6678 to speak to a dementia specialist Admiral Nurse. Local: 01905 621868
Silver Line	0800 4 70 80 90 The Silver Line Helpline is a free, 24-hour telephone service for older people across the UK.
Action on Elder Abuse	0808 808 8141 Confidential information and support to an older person or anyone concerned about an older person who is at risk of, experiencing or recovering from any form of abuse or neglect.
Childline	0800 1111