

## Helplines

Life for just about everyone is a constant roller coaster of challenges and emotions. Talking to friends and family is critical if we are to share our burden at times but we recognise that it's not always the right thing to do to keep it close to home and sometimes speaking to an expert is the right thing to do.

Whether its struggling caring for an elderly or sick relative, living with a teenager who is self-harming or threatening suicide, supporting a sibling dealing with the aftermath of a stillbirth, a neighbour who is being threatened with a forced marriage, a marriage breakdown following financial insecurities, a partner who isn't coping well after being made redundant, or perhaps you or a close friend or family member have an eating or anxiety disorder, there are many helplines and avenues of support available.

Whilst not covering every issue, below we have outlined a few for you to consider. However, as charities are constantly changing given funding and other requirements, we encourage you to check out who you are calling or contacting before getting in touch.

Your local citizen advice bureau can probably give you guidance if needed and you might want to check the status of your chosen charity on the government website:

<https://www.gov.uk/find-charity-information>

### Forced Marriage - Abuse

A charity that offers helpline support to those who are victims of honour-based abuse and forced marriage. Supported 70,000 people in the years they have been operating (since 2008).

**Charity:** Karma Nirvana

**Tel:** 0800 5999 247

**Web:** <https://karmanirvana.org.uk/>

### Self-harming

Parents helpline if your children are self-harming.

**Charity:** Young Minds

**Tel:** 0808 8025544

**Web:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Charity:** Mind

**Tel:** 0300 123 3393 or text 86463 for adult support.

**Web:** [www.mind.org.uk/](http://www.mind.org.uk/)

## Financial Help for Cancer Sufferers

**Charity:** Macmillan

**Web:** <https://www.macmillan.org.uk/information-and-support/organising/money-worries>

## Help with sight loss

**Charity:** RNIB

**Web:** <https://www.rnib.org.uk/>

## What do you do if you suspect FGM (female genital mutilation)

FGM is child abuse and it is against UK law. If you suspect a child has or is about to experience FGM phone the NSPCC for advice about how to report it or otherwise contact your GP for advice and information about how to report it.

**Charity:** NSPCC

**Web:** <https://www.nspcc.org.uk/...and.../female-genital-mutilation-fgm/preventing-protecting/>

## Support for men and boys who have been raped

Help victims of male sexual abuse as well as their friends and family. An estimated 12000 men are raped in the UK each year so if this has happened to you, you need to not feel alone and unsupported.

**Charity:** Survivors

**Web:** [www.survivors.org](http://www.survivors.org)

## Self-support for anxiety

CBT is a great tool recommended by many GPs to support with a wide range of mental health issues including anxiety.

**Charity:** Mind

**Web:** <https://www.mind.org.uk/information-support/drugs-and-treatments/cognitive-behavioural-therapy-cbt/cbt-sessions/>

## Helping develop numeracy in your team (or develop your own confidence with numbers)

In 2011 just 22% of the adults in the UK had a GCSE grade C or above in maths.

**Charity:** National Numeracy

**Web:** <https://www.nationalnumeracy.org.uk/help-my-team>

## Help with reading and writing/literacy skills for adults

2.5M people in the UK struggle with reading so don't feel you are the only one!

In 2011 just 44% of UK adults had a GCSE grade C or above in English.

**Charity:** Read Easy

**Web:** [www.readeasy.org.uk](http://www.readeasy.org.uk)

## Support after Rape

**Charity:** Rape Crisis

**Web:** [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

## Supporting those experiencing hearing loss

**Web:** [www.actionhearingloss.org.uk](http://www.actionhearingloss.org.uk)

**Web:** [www.clarion-uk.com](http://www.clarion-uk.com)

## Newly diagnosed with diabetes

**Web:** <https://www.diabetes.co.uk/newly-diagnosed.html>

## Getting fit/starting to exercise - the famous Couch to 5K app

**Web:** <https://www.nhs.uk/live-well/exercise/12-week-fitness-plan/>

## Supporting someone with a brain injury

**Web:** <https://www.headway.org.uk/news/national-news/friends-5-ways-to-support-someone-with-a-brain-injury/>

## Help with Debt

**Web:** <https://www.moneyadviceservice.org.uk/en/tools/debt-advice-locator>

## Support on issues for disabled people and their families

**Charity:** Scope

**Tel:** 0808 800 3333

**Operating hours:** 9am to 5pm weekdays

**Web:** <https://www.scope.org.uk/helpline>

## Dealing with a diagnosis of autism (article)

**Web:** <https://www.autismspeaks.org/blog/dos-and-donts-after-autism-diagnosis>

## Bereavement

Palliative, neurological and bereavement support - online community.

**Charity:** Sue Ryder

**Web:** [www.sueryder.org](http://www.sueryder.org)

## Single Parent Families

**Charity:** Ginger Bread

**Web:** <https://www.gingerbread.org.uk/>

## Eating Disorders

**Tel (adults):** 0808 801 0677

**Tel (students):** 0808 801 0811

**Tel (youth line):** 0808 801 0711

**Operating hours:** 12pm-8pm weekdays and 4pm–8pm weekends.

**Web:** <https://www.beateatingdisorders.org.uk/support-services/helplines> (web chat also available).

## Dealing with Extremism

**Web:** <https://educateagainsthate.com/parents/>

## Stillbirth or neonatal death

**Charity/company:** Sands

**Tel:** 0808 164 3332

**Web:** <https://www.sands.org.uk/>

## Are you dependent on alcohol? Take the test

**Web:** <https://drinkcoach.org.uk/alcohol-dependence-addiction>

## Child Being bullied

Bullying forum to share stories.

**Tel:** 0808 800 2222

**Web:** <https://www.bullying.co.uk/bullying-at-school/>

## Chronic illness

An article on handling the isolation that comes from chronic illness.

**Web:** <https://butyoudontlooksick.com/articles/guest-writers/tip-handling-isolation-that-comes-from-chronic-illness/>