

HELPLINE NUMBERS

NATIONAL HELPLINES		OPENING HOURS
Samaritans	116 123	24 hours
Anxiety UK	03444 755744	Mon-Fri 9:30am-5:30pm
Calm	0800 585858	5pm-midnight
Survivors UK (Male abuse victims, age 18-35)	0845 1221201	Mon, Tues, Thurs 7pm-9.30pm
The Survivors Trust (Sexual assault/abuse)	08088 01081	Mon-Fri 10am-8.30pm, Sat 10am-12.30pm, 1.30pm-4.30pm, 6pm-8.30pm, Sun 1.30pm-4.30pm & 6pm-8.30pm
Papyrus Young Suicide Prevention Society	0800 0684141	Mon-Fri 9am-10pm & Sat & Sun 2pm-10pm
Homelink UK	0800 0684141	Mon-Fri 10am-5pm & 7pm-10pm
NSPCC (Children)	0800 1111	Mon-Fri 8am-10pm & Sat & Sun 9am-6pm
NSPCC (Adults)	0808 8005000	Mon-Fri 8am-10pm & Sat & Sun 9am-6pm
Refuge (Domestic Violence)	0808 2000247	24 hours
Alcoholics Anonymous	0808 7697555	
Narcotics Anonymous	0300 9991212	Until midnight, 7 days
Frank (Drug problems for young people)	0800 776600	24 hours
Cruse Bereavement Care	0844 4779400	Mon-Fri 9am-5pm
Child Bereavement UK	0800 0288840	Mon-Fri 9am-5pm
Rape Crisis	0808 8029999	12pm-2.30pm & 7pm-9.30pm, 7 days
Beat (Eating disorders in children)	0808 8010711	Mon-Fri 12pm-8pm & Sat & Sun 4pm-8pm
Beat (Eating disorders in adults)	0808 8010677	Mon-Fri 12pm-8pm & Sat & Sun 4pm-8pm
Chinese Mental Health Association	0845 1228660	Mon-Fri 4pm-6pm
Muslim Community Helpline	0208 9048193	Mon-Fri 10am-1pm
Jewish Helpline	0800 6529249	Sun-Thurs 12pm-12am
Asian Mental Health Helpline	0808 8002073	Mon & Wed 4pm-7pm, Tues & Thurs 12pm-3pm
National Debtline	0808 8084000	Mon-Fri 9am-9pm, Sat 9:30am-1pm
Citizens Advice Bureau	0345 4040506	Mon-Fri 9am-5pm
Pandas Foundation (Pre & Postnatal depression support)	0843 2898401	11am-10pm 7 days
Migrant Help	0808 8010 503	24 hours
Age Concern	0800 009966	8am-7pm, 7 days

The Silverline	0800 4 70 80 90	24 hours
Lesbian & Gay Switchboard	0207 8377324	10am-10pm, 7days
Young Minds (parents concerned about their child)	0808 802 5544	
Young Minds (text support for young people)	Text 'YM' to 85258	24 hours
Mind	0300 123 3393	Mon-Fri 9am-6pm
National Gambling Helpline	0808 8020133	24 hours
Transgender Helpline	07527 524034	24 hours
Shelter	0808 8004444	8am-8pm

LOCAL HELPLINES		OPENING HOURS
The Wish Centre (Domestic Abuse)	01254 260465	Mon-Thurs 9am-5pm, Fri 9am-4pm
Trust House Lancashire (Sexual Abuse)	01772 825288	Mon-Fri 9am-5pm
ARC Blackburn (Refugee or asylum seeker)	01254690282 or 01254 692674	
Inspire Blackburn (substance misuse)	01254 495014	Mon-Fri 9.30am-5pm
Child Action Northwest	01254 244700	
Blackburn LGBTQ Group	01254 688440	
Breathe Preston (Eating disorders)	01772 915735	

All numbers correct as of 13/07/2020.

Please contact each organisation directly for more information.