

## Helplines and Advice

**Samaritans:** 116 123 [www.samaritans.org](http://www.samaritans.org)

**Alcoholics Anonymous:** 0800 9177 650 [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Broken Rainbow** (Advice for LGBTQ victims of domestic abuse): 08452 60 44 60  
[www.brokenrainbow.org.uk/](http://www.brokenrainbow.org.uk/)

**CALM:** (movement against suicide; particularly for men) 0800 58 58 58 (5pm-midnight 365 days a year) [www.thecalmzone.net](http://www.thecalmzone.net)

**Childline:** 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**Christians Against Poverty:** 0800 328 0006 [www.capuk.org](http://www.capuk.org)

**Crime (Victim Support Helpline):** 08 08 16 89 111 [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**Deptford 999 Club:** Making change count for homeless people 020 8694 5797 [www.999club.org](http://www.999club.org)

**Forced Marriages Unit Helpline** (Government Helpline): 020 7008 0151

**Lewisham's Children Services:** 020 8314 6660 (out of hours: 020 8314 6000)

**Men's Advice Line:** Support for male victims of domestic abuse 0808 801 0327  
[mensadvice.org.uk/](http://mensadvice.org.uk/)

**Narcotics Anonymous:** 0300 999 1212 (10am – midnight) [www.ukna.org](http://www.ukna.org)

**National Centre for Domestic Violence:** 0800 970 2070 (24-hour access to free legal advice and injunctions) [www.ncdv.org.uk](http://www.ncdv.org.uk)

**Rape Crisis South London:** 0808 802 9999 [www.rasasc.org.uk](http://www.rasasc.org.uk)

**RESPECT:** 0845 122 8609 [www.respect.uk.net](http://www.respect.uk.net) Information for people who are abusive towards their partners, or professionals working with them. Respect works with perpetrators, male victims and young people who use violence and abuse in their close relationships.

**Samaritans** Mental health support: 116 123 [www.samaritans.org](http://www.samaritans.org)

**SANE:** 07984 967 708 (please leave a message with contact details). Working to improve the quality of life for anyone affected by mental illness [www.sane.org.uk/](http://www.sane.org.uk/)

**The Silver Line** (Information and advice for over 60s): 0800 4 70 80 90 (24 hours, 7 days a week)  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**Switchboard LGBT+** helpline: 0300 330 0630 (10am-11pm daily) [www.switchboard.lgbt](http://www.switchboard.lgbt)