

# Self Help Support Sources

For general help and support go to [www.supportline.org.uk](http://www.supportline.org.uk) or call 01708 765200

Or contact the Citizens Advice Bureau [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or call 0344 411 1444

For specific areas of help check out the sources below

Type of support/help	Organisation	Contact details
Mental health/PTSD support for serving military and veterans 24 Hour Helpline	Combat Stress	0800 138 1619 Email: <a href="mailto:contactus@combatstress.org.uk">contactus@combatstress.org.uk</a>
Lifelong support for serving military and veterans and their family	SSAFA Forces Line	0800 731 4880 0900-1730 Mon-Fri Website: <a href="http://www.ssafa.org.uk">www.ssafa.org.uk</a>
Mental health and wellbeing service	Big White Wall	0203 405 6196 Email: <a href="mailto:theteam@bigwhitewall.com">theteam@bigwhitewall.com</a> Website: <a href="http://www.bigwhitewall.co.uk">www.bigwhitewall.co.uk</a>
Mental health support	MIND	0300 123 3393 Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
Serving Army Welfare support	Army Welfare Service	01904 882053
Bullying, harassment and discrimination confidential helpline	Speak Out	0306 7704656
Emotional stress and support	Samaritans	116 123
Bereavement Support	Cruse Bereavement Care	0808 808 1677 Mon & Fri 0930-1700 Tues Weds & Thurs 0930-2000 Email: <a href="mailto:info@cruse.org.uk">info@cruse.org.uk</a> Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
Gambling addiction	GamCare	0808 8020 133 Email: <a href="mailto:info@gamcare.org.uk">info@gamcare.org.uk</a> Website: <a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a>
Drug 24 Hour Helpline	Frank	0300 123 6600 Text :82111 Email: <a href="mailto:frank@talktofrank.com">frank@talktofrank.com</a> Website: <a href="http://www.talktofrank.com">www.talktofrank.com</a>
Alcoholic 24 Hour Helpline	Alcoholics Anonymous	0800 9177 650 Email: <a href="mailto:help@aamail.org">help@aamail.org</a> Website: <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
Eating disorders	Beat	0808 801 0677 Email: <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a> Website: <a href="http://www.beatingdisorders.org.uk">www.beatingdisorders.org.uk</a>
Relationship support	Relate	0300 100 1234 Email: <a href="mailto:relate.enquiries@relate.org.uk">relate.enquiries@relate.org.uk</a> Website: <a href="http://www.relate.org.uk">www.relate.org.uk</a>

Family life support for anyone involved in caring for children including step children	Family Lives	0808 800 2222 Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
Help for single parents	Gingerbread	0808 808 8090 Website: <a href="http://www.gingerbreadni.org">www.gingerbreadni.org</a>
Pre and postnatal depression	PANDAS	0843 2898401 Website: <a href="http://www.relate.org.uk">www.relate.org.uk</a>
Debt advice	National Debtline	0808 808 4000 Mon-Fri 0900-2000 Sat 0930 – 1300
Debt advice	Step Change Debt Charity	0800 138 111 Website: <a href="http://www.stepchange.org">www.stepchange.org</a>
Domestic Violence advice – Men	Men’s advice Line	0808 801 0327 Mon-Fri 0900-1700 Email: <a href="mailto:info@mensadvice.org.uk">info@mensadvice.org.uk</a>
Domestic Violence advice - Women	Women’s Aid	0808 2000 247 Website: <a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a> Email: <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a>
Domestic Violence Advice - Children	Childline	0800 1111 Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a>
Victim support	Victim support	0808 1689 111 Website: <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>
Cancer support	Cancer research	0808 800 4040 Website: <a href="http://www.cancerresearchuk.org">www.cancerresearchuk.org</a>
Homelessness	Shelter	0808 800 4444 Website: <a href="http://www.shelter.org.uk">www.shelter.org.uk</a>
Legal advice	Civil Legal Advice	0345 345 4345 Website: <a href="http://www.gov.uk/civil-legal-advice">www.gov.uk/civil-legal-advice</a>
Food banks	Trussell Trust	01722 580180 Website: <a href="http://www.trusselltrust.org">www.trusselltrust.org</a>
Sexuality	LGBT Foundation	0345 330 3030 Website: <a href="http://www.lgbt.foundation">www.lgbt.foundation</a>
Financial support for RA soldiers, veterans and their families	Royal Artillery Charitable Fund	01980 634309 Email: <a href="mailto:RARHQ-RACF-Welfare-multiuser@mod.gov.uk">RARHQ-RACF-Welfare-multiuser@mod.gov.uk</a> Website: <a href="http://www.theraa.co.uk">www.theraa.co.uk</a>
Support for Army service families	Army Families Federation	01264 382324 Website: <a href="http://www.aff.org.uk">www.aff.org.uk</a> Email: <a href="mailto:us@aff.org.uk">us@aff.org.uk</a>
Support for RA veteran	Royal Artillery Association	01980 845233 Website: <a href="http://www.theraa.co.uk">www.theraa.co.uk</a> Email: <a href="mailto:sarah.davies119@mod.gov.uk">sarah.davies119@mod.gov.uk</a>
Help with information on welfare benefits, charitable grants and other financial help	Turn2us	Website: <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>