

# Organisations that can help

- [Samaritans](#)

Talk to someone about whatever you're going through and how you're feeling, 24 hours a day. Confidential and free. 116 123.

- [Citizens Advice](#)

Help and advice with a range of issues, including housing, legal, and debt advice. National advice line open 9am to 5pm, Monday to Friday. Call 03444 111 444.

- [ChildLine](#)

Help and advice about a wide range of issues, for anyone aged 18 or under. Open 24/7. Call 0800 1111.

- [Young Minds](#)

Urgent help for young people is available on their website 24/7. For parents, call 0808 802 5544, Monday to Friday 9:30am – 4pm.

- [Refuge](#)

Support for people affected by domestic abuse. Helpline free, open 24/7. Call 0808 2000 0247.

- [Victim Support](#)

Support and information for anyone affected by crime. Helpline free, open 24/7. Call 0808 168 9111