

Health & Wellbeing Resources



Samaritans: Someone to talk to, someone to listen
Call: 116 132 (open 24/7) | **Website:** www.samaritans.org

Through the Roof: Christian inclusion support for disabled people
Call: 01372 749955 | **Website:** throughtheroof.org

Mind: Advice on mental health problems and treatment options
Call: 0300 123 3393 (9am to 6pm, Monday to Friday)

Andy's Man Club: Men's suicide prevention and mental health charity. Free help, advice and support groups
Website: www.andysmanclub.co.uk

Cruse Bereavement Support: bereavement support and information
Call: 0808 808 1677 (Monday, Wednesday, Thursday, Friday 9.30am – 5pm)

LGBT Switchboard: National LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey
Call: 0300 330 0630 (10am -10pm every day) | **Website:** www.switchboard.lgbt

LGBT Foundation: The UK's leading LGBTQIA+ health and wellbeing charity
Call: 0345 330 3030 (9am to 6pm, M-F) | **Website:** www.lgbt.foundation

Shelter: Support and personalised help with housing issues and homelessness
Call: 0808 800 4444 (8am - 8pm M-F, 9am - 5pm S-S) | **Website:** shelter.org.uk

The Money Charity: Free advice on managing your money
Website: www.themoneycharity.org.uk

King's Trust: Free support to develop the skills and confidence you need to find a job or start a business
Website: www.kingstrust.org.uk

Contact: Help and support for families caring for children with disabilities and special needs
Call: 0808 808 3555 (M-F, 9.30am-5pm) | **Website:** www.contact.org.uk