



The Methodist Church



Experiencing personal crisis or unable to cope:

Open: 24/7



Phone: 116 123

Email: jo@samaritans.org

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Open: 24/7



Text SHOUT to 85258

Male domestic abuse helpline:

Open: Weekdays 10am – 4pm



Phone: 01823 334244

Concerns about drugs:

Open: 24/7



Phone: 0300 1236600

Text: 82111 or live chat online

Support for females who have experienced sexual violence:



Open: Every day 12pm–2.30pm & 7pm –9.30pm

Phone: 0808 802 9999

Domestic abuse helpline:

Open: 24/7



Phone: 0808 2000 247

Help, advice and support on elder abuse:

Open: Weekdays 9am–5pm



Phone: 0808 808 8141

Help, advice and support for children and parents:

Open: 24/7

Phone: 0800 1111

