

RESOURCES

The Samaritans

General Office, The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF

Samaritans provide confidential, non-judgemental, emotional support, **24 hours a day** for people who are experiencing feelings of distress and despair, including those which could lead to suicide. The Samaritans offer their service by telephone, email, letter and face-to-face in most of their branches.

Helpline: 08457 90 90 90

Phone: 020 8394 8300

Fax: 020 8394 8301

Textphone: 08457 90 91 92

email: jo@samaritans.org

Rape and Abuse Line

P.O. Box 10, Dingwall, Ross-shire, IV15 9HE

National freephone confidential helplines for anyone affected by rape or abuse. Line 0123 is answered by female support workers most evenings, 7-10pm. Line 0122 is answered by male support workers on selected evenings, 7-10pm. Both lines are open to males or females.

Helpline: 0808 800 0123 Phone: 01349 865316 Helpline: 0808 800 0122

e-mail: ral@pobox10.wanadoo.co.uk

NHS DIRECT Helpline: 0845 46 47

NHS Direct provides health advice and information on the telephone and using web services for people in England, **24hrs a day, 7 days a week**. Calls cost a maximum of 5p per minute from a BT landline. Mobiles and other networks may vary. Calls cost a maximum of 5p per minute from a BT landline. Mobiles and other networks may vary. You may be charged a minimum cost per call.

www.nhsdirect.nhs.uk

National Domestic Violence Helpline: Freephone 24 hour 0808 2000 247

Run in partnership between Women's Aid and Refuge.

Organisations that help women and children are Women's Aid and Women's Refuge.