

**MIND**  
**0300 123 3393**

**VICTIM SUPPORT**  
**0808 1689111**

**CRUSE BEREAVEMENT**  
**0808 8081677**

**NATIONAL DOMESTIC  
ABUSE HELPLINE**  
**0808 2000 247**

**You**  
**are never**  
**alone**

**Samaritans**  
**116 123**

**RESPECT— MENS ADVICE**

**0808 8010327**

**ACTION FOR  
ELDER  
ABUSE**  
**0800  
0699784**

**CHILDLINE**  
**0800 1111**