

Useful Contact Information for Support Services this Christmas

Age UK (England)

[0800 678 1602](tel:08006781602)

ageuk.org.uk

Information and support for older people.

Age UK's English helpline is open 8am to 7pm, every day of the year.

Beat

[0808 801 0677](tel:08088010677)

beateatingdisorders.org.uk

Offers information and advice on eating disorders, and runs a supportive online community. Also provides a directory of support services at [HelpFinder](#).

Beat's helplines are open Monday to Friday, 3pm to 8pm.

- [Beat's answers to five questions you may have about Christmas with an eating disorder](#)

Campaign Against Living Miserably (CALM)

[0800 58 58 58](tel:0800585858)

thecalmzone.net

Provides a helpline and online chat, as well as information and support, for anyone affected by suicide or suicidal thoughts.

CALM's helpline and webchat are open from 5pm to midnight, every day of the year.

- [CALM's advice on coping with feeling anxious at Christmas](#)

Combat Stress

[0800 1381 619](tel:08001381619)

combatstress.org.uk

Treatment and support for armed forces veterans who have mental health problems.

Combat Stress's helpline is open 24 hours a day, every day of the year.

- [Combat Stress's tips on coping with Christmas](#)

The Compassionate Friends

[0345 123 2304](tel:03451232304)

tcf.org.uk

Provides support to bereaved families after the death of a child.

The Compassionate Friends helpline is open from 10am to 4pm, and 7pm to 10pm, every day of the year.

- [The Compassionate Friends' tips for coping with Christmas](#)

Cruse Bereavement Support

[0808 808 1677](tel:08088081677)

cruse.org.uk

Information and support after a bereavement.

The Cruse helpline is open Monday to Friday, from 9:30am. The closing time varies per day, from 5pm to 8pm. You can check [Cruse's helplines page](#) for more information about their opening hours.

- [Cruse's information on coping with grief at Christmas](#)

LGBT Foundation

[0345 3 30 30 30](tel:03453303030)

lgbt.foundation

Advice, support and information for people identifying as LGBTQ+.

The LGBT Foundation helpline is open on weekdays 9am to 9pm and weekends 10am to 5:30pm.

Men's Advice Line

[0808 801 0327](tel:08088010327)

mensadvice.org.uk

Confidential advice and support for men who have experienced domestic violence and abuse by a current or ex-partner or family member.

The Men's Advice Line is open Monday to Friday, 10am to 5pm.

Money Helper

[0800 138 7777](tel:08001387777) (English)

[18001 0800 915 4622](tel:1800108009154622) (text relay)

moneyhelper.org.uk

Provides free and impartial money advice.

The Money Helper helpline is open Monday to Friday, 8am to 6pm. The helpline is closed on bank holidays.

- [Money Helper's information on money, saving and Christmas](#)

The National Association for People Abused in Childhood (NAPAC)

[0808 801 0331](tel:08088010331)

support@napac.org.uk

napac.org.uk

Supports adult survivors of any form of childhood abuse. Offers a helpline, email support and local services.

The NAPAC helpline is open 10am to 9pm, Monday to Thursday. And 10am to 6pm on Fridays.

- [NAPAC's advice on surviving Christmas as a survivor](#)

National Domestic Abuse Helpline

[0808 2000 247](tel:08082000247)

nationaldahelpline.org.uk

Free 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation. Run by the domestic violence charity [Refuge](#).

The National Domestic Abuse Helpline is open 24 hours a day, every day of the year. They also have a [BSL helpline](#) available Monday to Friday, 10am to 6pm. And a [live webchat](#) open Monday to Friday, 3pm to 10pm.

NHS 111 (England)

[111](tel:111)

[18001 111](tel:1800111) (text relay)

[NHS 111 BSL service](#)

111.nhs.uk

Non-emergency medical help and advice for people in England. If you call 111, select option 2 to access a 24/7 helpline offering urgent mental health support.

NHS UK

nhs.uk

Information about health problems and treatments, including details of local NHS services in England.

Relate

relate.org.uk

Provides help and support with relationships, including counselling and telephone support.

- [Relate's information on relationships and Christmas](#)

Samaritans

[116 123](tel:116123) (freephone)

jo@samaritans.org

Freepost SAMARITANS LETTERS

samaritans.org

Samaritans are open 24/7 for anyone who needs to talk. You can [visit some Samaritans branches in person](#). Samaritans also have a Welsh Language Line on [0808 164 0123](tel:08081640123) (7pm–11pm every day).

Samaritans' helplines are open every day of the year.

- [Samaritans' Christmas coping information](#)

Shout

[85258](tel:85258) (text SHOUT)

giveusashout.org

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

Shout is open 24 hours a day, every day of the year.

- [Shout's tips on feeling less alone over the festive season](#)

The Silver Line

[0800 4 70 80 90](tel:08004708090)

thesilverline.org.uk

Provides support, information, friendship and advice for anyone aged over 55 who may feel lonely or isolated.

The Silver Line is open 24 hours a day, every day of the year.

Stand Alone

standalone.org.uk

Charity supporting adults who are estranged (not in contact) from their family.

- [Stand Alone's festive guide to the Christmas period](#)

Survivors of Bereavement by Suicide (SOBS)

uk-sobs.org.uk

Emotional and practical support and local groups for anyone bereaved or affected by suicide.

Switchboard

[0800 0119 100](tel:08000119100)

hello@switchboard/lgbt

switchboard.lgbt

Listening services, information and support for lesbian, gay, bisexual and transgender people.

Switchboard's helpline is open 10am to 10pm, every day of the year.

Tommy's

tommys.org

Information and support for people affected by stillbirth, miscarriage and premature birth.

- [Tommy's advice on coping with Christmas when you've suffered the loss of a baby](#)

The Trussell Trust

[0808 208 2138](tel:08082082138) (Help through Hardship helpline)

trusselltrust.org

Emergency food and support for people in need. Includes a searchable list of local foodbanks.

The Help through Hardship line is open Monday to Friday, 9am to 5pm. The helpline is closed on public holidays.