



Sources of Support

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. It's ok not to be ok.

Family life

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | askus@familylives.org.uk | familylives.org.uk

Mental health

For you:

Samaritans (free) | 116 123 | jo@samaritans.org | samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393 | info@mind.org.uk | mind.org.uk

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

Domestic abuse

National Domestic Abuse Helpline (free) | 0808 2000 247 | nationaldahelpline.org.uk

Men's Advice Line (free) | 0808 8010 327 | mensadviceline.org.uk

Galop (free, LGBT+) | 0800 999 5428 | galop.org.uk

Compass helpline – 24hours a day – 0333 0333 744 | www.essexcompass.org.uk/self-referral

Women's Aid Chatline | <https://chat.womensaid.org.uk/>

Alcohol, drugs and gambling

Drinkline (free) | 0300 123 1110

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | bit.ly/2NoQx7T

Frank (for support around drugs and alcohol. Calls charged at local and network rates) | 0300 123 6600 | talktofrank.com

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | gamcare.org.uk

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: adfam.org.uk

The forward trust has the STARS Southend treatment and recovery service for those who live in the city. www.forwardtrust.org.uk

Food

Give Food www.givefood.org.uk has a tool to help people find food banks in their local area. From the website, we can see that there are a number of organisations providing support in this area. In addition, the Trussell Trust have centres across Essex. More information can be found at www.trusselltrust.org.