

Gambling

<p>BeGambleAware.org®</p> <p>0808 8020 133</p> <p>www.begambleaware.org</p> <p>BeGambleAware is run and funded by GambleAware, whose mission is to keep people safe from gambling harms. They provide information about the risks of gambling, what safer gambling means, and how to get help and support.</p>	 <p>0800 066 4827</p> <p>www.betknowmoreuk.org</p> <p>Betknowmore UK deliver support led by individuals with their own stories of gambling harms, who have been trained to help others, using skills such as CBT techniques, motivational interviewing and intensive mentoring.</p>
 <p>0330 094 0322</p> <p>www.gamblersanonymous.org.uk</p> <p>Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.</p>	 <p>0808 8020 133</p> <p>www.gamcare.org.uk</p>  <p>Safer Gambling</p> <p>GamCare offers free information, support and counselling for people who have problems with gambling in the UK, all day, every day. It also runs the National Gambling Helpline and National Gambling Treatment Service.</p>
 <p>01384 241292</p> <p>www.gordonmoody.org.uk www.gamblingtherapy.org</p> <p>Gordon Moody offers residential courses for people who have problems with gambling.</p> <p>It also runs the Gambling Therapy website, which offers online support to people who have problems with gambling and their friends and family.</p>	

General Information and Advice



**See website for individual
National Helpline Numbers**

www.citizensadvice.org.uk

Citizens Advice aim to provide the advice people need for the problems they face, and improve the policies and practices that affect people's lives.

They provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities.







0207 367 4500

www.salvationarmy.org.uk

The Salvation Army offer practical help, unconditional assistance and support.

Family breakdown, unemployment, poverty, homelessness, and drug and alcohol dependency are just some of the reasons why people can lose everything they value, including their dignity.

Debt and Finances

 <p>0808 808 4000 (9am-8pm)</p> <p>www.nationaldebtline.org</p> <p>The National Debtline provides free confidential and independent advice on how to deal with debt problems.</p>	 <p>0800 280 2816 (Mobiles may be cheaper on 020 7760 8980)</p> <p>www.payplan.com</p> <p>PayPlan's promise is straightforward - they provide free, confidential debt advice and solutions for anyone experiencing financial difficulties, whatever the circumstance or situation.</p>
 <p>0800 138 1111</p> <p>www.stepchange.org</p> <p>Step Change are dedicated to providing confidential, free counselling and money management assistance to financially distressed families and individuals.</p> <p>No matter what your debt problem, they'll be able to help. New to them? Get expert debt advice. You can use their budget form to gather your information before calling.</p>	 <p>0808 802 2000</p> <p>www.turn2us.org.uk</p> <p>Struggling with energy and water bills?</p> <p>Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face-to-face through their partner organisations.</p>

Support Services



Food Provision



020 7394 2468

www.fareshare.org.uk

FareShare are a national UK charity supporting communities to relieve food poverty.

FareShare is at the centre of two of the most urgent issues that face the UK: food poverty and food waste.



01722 580180

www.trusselltrust.org

Everyday people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income.

The Trussell Trust support a nationwide network of food banks and together provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.

Housing



0300 636 1967

www.crisis.org.uk

Crisis are a national charity for single homeless people, dedicated to ending homelessness by delivering life-changing services and campaigning for change.

Their innovative education, employment, housing and well-being services address individual needs and help people to transform their lives.



0808 800 4444

www.shelter.org.uk

Shelter offers free confidential expert advice via their website, Housing Aid Centres, helpline and e-mail services.

You don't have to be living on the street to be homeless. You may be legally classed as homeless if you are sleeping on a friend's sofa, staying in a hostel, suffering from overcrowding, or other bad conditions. Homelessness can often be avoided if you act quickly and get the right help. If you have nowhere to stay, call Shelter's helpline.

Health and Mental Health



0800 58 58 58
(5pm to midnight)

www.thecalmzone.net

CALM (Campaign Against Living Miserably) works to prevent male suicide and offers free, anonymous and confidential support services for any man who is struggling or in crisis in the UK.



InfoLine: 0300 123 3393

www.mind.org.uk

Mind provide supportive and reliable information that can empower people to understand their mental health and the choices available to them.



Call 111
for URGENT help for children under 5

Use www.111.nhs.uk
for URGENT help for people aged 5 or over

Call 999
if it's a life-threatening emergency

Comprehensive help and information from the NHS with links to external help and support.



0808 801 0525

www.rethink.org

Rethink improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning.



Telephone 116 123 (Free)

www.samaritans.org

Whatever you're going through, the **Samaritans** are there to help 24 hours a day, 365 days a year.

They won't judge you and won't share what you tell them with anyone else.



Text 'SHOUT' to 85258

www.giveusashout.org

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258.

Their trained volunteers are there to listen at any time of day or night, and messages won't appear on your phone bill.

Relationships



England/Wales: 0808 800 2222
Scotland: 0800 028 2233

www.familylives.org.uk

Family Lives offers a confidential and free helpline service for (previously known as Parentline).

Call them for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again.



01355 244 594

www.thefma.co.uk

The Family Mediators Association provides family mediation so separating couples have an opportunity to decide for themselves what to do about their children and finances, with help and guidance from trained and impartial mediators.

In family mediation, clients are encouraged to co-operate with one another to negotiate and find their own ways to move forward with their lives.



0808 802 0925

www.gingerbread.org.uk

Gingerbread is the leading national charity working to help lone parents and their children.

They provide information to help single parents support themselves and their family, and campaign and influence policy to reduce stigma against single parents, and make services more accessible to all families – whatever their shape or size.



Margaret: 0141 882 5658

June: 01560 322937

www.grandparentsapart.co.uk

Grandparents Apart UK is a group dedicated to help grandparents keep in touch with their grandchildren following divorce or separation of the children's parents.

They can help grandparents who are denied contact, and with family problems like fall outs, and parents thinking of separating.

Relationships (continued)



0116 464 5490

www.home-start.org.uk

Home-Start volunteers help families with young children deal with the challenges they face. They support parents as they learn to cope, improve their confidence and build better lives for their children from birth to starting school.

Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's home supporting them in the ways they need.



marriage
care

better relationships
better lives

0800 389 3801

www.marriagecare.org.uk

Marriage Care offer marriage preparation, relationship counselling and more.

They specialise in helping couples build and sustain strong, fulfilling, healthy relationships, and in providing support in times of relationship difficulty.

They're ready to help, whatever your circumstances.

Relate

www.relate.org.uk

Relate have a network of centres across the UK, with licensed local counsellors that provide face-to-face, phone, e-mail and Live Chat counselling and support so you can choose the support that works for you.

Their relationship help pages offer practical tips, guides and videos to help you manage common relationship issues such as sex, separation and divorce, and parenting. Whatever the issue, they can help.