

CONNECT TO SUPPORT AT CHRISTMAS 📞

www.connecttosupporthampshire.org.uk

Crisis helplines which are available over the festive period

◆ **The Samaritans - 116 123**

Free confidential helpline available 24 hours a day, 365 days a year

◆ **CALM (Campaign Against Living Miserably) - 0800 58 58 58**

If you are down, or have hit a wall for any reason, and need to talk or find information and support. Helpline open 365 days a year, 5pm to midnight

◆ **SHOUT - FREE Crisis Text Line**

Struggling to cope? Text SHOUT to **85258**, 24 hours a day

◆ **NHS - 111**

If you need help for a mental health emergency, crisis or breakdown

◆ **Cruse Bereavement Helpline - 0808 808 1677**

Open every day (limited hours on some days – check cruse.org.uk)

◆ **National Domestic Abuse Helpline - 0808 2000 247**

24 hours a day

◆ **Age UK Advice Line - 0800 678 1602**

8am-7pm, 365 days a year

◆ **The Silver Line - 0800 4 70 80 90**

Free, confidential helpline dedicated to helping older people, who may be feeling isolated, confused, or lonely. 24 hours a day, 365 days a year

◆ **Childline - 0800 1111**

24/7, every day of the year

◆ **Carers Together in Hampshire - 08000 323456**

Carers Active Listening Line. 365 days a year Monday - Friday 10.00am - 8.00pm, Weekends and Bank Holidays 10am - 4pm

◆ **Shelter - 0808 800 4444**

For urgent housing advice. Open 365 days a year. 8am-8pm weekdays, 9am-5pm weekends and bank holidays

◆ **Rape and Sexual Abuse Support Line - 0808 500 2222**

For anyone aged 16+. Open 24/7