

HELPLINES – ADVICE & SUPPORT

Some of the organisations also offer a local service but contact is via their national telephone or email address as shown

<u>ADOPTION</u>		
<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Bedfordshire Adoption & Fostering Service*	0300 300 8090	Children and young people Central Bedfordshire Council
Post Adoption Centre	020 7284 0555	PAC-UK Adoption & Permanency: Advice, Support, Counselling & Training
Barnardo's LINK adoption support service	0208 550 8822	Adoption support Barnardo's (barnardos.org.uk)
Adoption UK	0300 666 0006	www.adoptionuk.org

<u>ALCOHOL AND DRUG ABUSE</u>		
<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Bedfordshire Adoption & Fostering Service*	0300 300 8090	www.addaction.org.uk
Drink line	0300 123 1110	
Alcoholics Anonymous	0800 9177650	Alcoholics Anonymous Great Britain (alcoholics-anonymous.org.uk)

Al-Anon Family Groups	020 7593 2070	Al-Anon UK For families & friends of alcoholics
We are with you	0808 8010 750	Home - We Are With You
Adfam	0203 817 9410	Home Adfam
National association for children of alcoholics	0800 358 3456	Nacoa The National Association for Children of Alcoholics
FRANK (Advice about drugs)	0300 1236600	Honest information about drugs FRANK (talktofrank.com)
Narcotics Anonymous	0300 999 1212	UKNA Narcotics Anonymous in the UK
Families Anonymous	0207 498 4680	Famanon
NHS Smoking Help	0300 123 1044	NHS stop smoking services help you quit - NHS (www.nhs.uk)

BEREAVEMENT

<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Cruse Bereavement Care	0808 808 1677	Cruse Bereavement Care

CHILDREN

<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Childline	0800 1111	Childline Childline
NSPCC	0800 800 5000	Childline NSPCC

Churches Child protection Services	0303 003 1111	<u>Thirtyone.eight (thirtyoneeight.org)</u>

<u>CARERS</u>		
<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Carers UK	0808 808 7777	<u>We're here to make life better for carers - Carers UK</u>
Carers Allowance Enquiries	0800 731 0297	<u>Carer's Allowance - GOV.UK (www.gov.uk)</u>
Carers Trust	Search for local service	<u>Homepage - Carers Trust</u>
Dementia UK	0800 888 6678	<u>Get involved - Dementia UK</u>
Alzheimer's Society	0333 150 3456	<u>Alzheimer's Society - United Against Dementia (alzheimers.org.uk)</u>

<u>DEBT</u>		
<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
National Debtline	0808 808 4000	<u>www.nationaldebtline.org</u>
Company Debt Advice	0800 074 6918	<u>Home - Company Insolvency Helpline</u>
Benefit Enquiry Helplines	Benefit Enquiry Line 0800 169 0310. DWP Online Helpdesk 0800 169 0154. Jobcentre Enquiry Line 0800 169 0190. Social Fund Enquiry Line 0800 169 0140. Benefit Cap Enquiry Line 0800 169 0145	
Christians against Poverty (CAP)	0800 328 0006	<u>Christians Against Poverty Debt Counselling Charity (capuk.org)</u>

<u>ELDERLY</u>		
<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Age Uk	0800 055 6112	Protect yourself and loved ones from elderly abuse Age UK
Elderly Abuse Government Help Elder Abuse Helpline	0808 808 8141	Report abuse of an older person - GOV.UK (www.gov.uk)

<u>FAMILIES</u>		
<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Gingerbread (support for lone parents and the National Council for one parent families)		Home - Gingerbread
Kidscape – Help with Bullying	0207 823 5430 Whats App 07496 682785	Help With Bullying (kidscape.org.uk)
Cry-sis - Support For Crying And Sleepless Babies	08451 228669	Support For Crying And Sleepless Babies Home Cry-sis
Family Lives (was Parentline)	0808 800 2222	Parenting and Family Support - Family Lives (Parentline Plus)
Christian Family Concern	0208 688 0251	Home Christian Family Concern
Relate Flitwick	0300 003 0396	Talk to Someone – Live Chat, Email or Telephone Counselling Relate
Learning Disability Helpline	0808 808 1111	Learning Disability Helpline Mencap
Care for the family	0292 081 0800	Care for the Family Because family life matters

HEALTH

<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
British Heart Foundation	0300 330 3311	British Heart Foundation - Beat heartbreak forever (bhf.org.uk)
Disability Resource Centre	01582 470900	The Disability Resource Centre (drcbeds.org.uk)
Eating Disorder Association	0808 801 0677 (Adults) 0808 801 0711 (Under 18)	Beat The UK's Eating Disorder Charity (beateatingdisorders.org.uk)
MacMillan Cancer Support	0808 808 0000	Macmillan Cancer Support

HOMELESSNESS

<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Kings Arms project and Night Shelter Bedford	01234 266085	The Nightshelter - King's Arms Project, Bedford (kingsarmsproject.org)
Salvation Army	0207 367 4500	Homepage The Salvation Army
UK Missing Persons Unit	0800 234 6034	Home UK Missing Persons Unit

MENTAL HEALTH

<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Rethink	Search website for local service	We are Rethink Mental Illness
Saneline	07984 967 708 / 0300 304 7000	SANEline
Depression UK	info@depressionuk.org	Friendship - Depression UK
Bedford and Mid-Bedfordshire Crisis Team	111 (option 2)	ELFT - Services - Bedford and Mid-Bedfordshire Crisis Team

<u>VICTIM SUPPORT/CRISIS</u>		
<u>Organisation</u>	<u>Contact Details</u>	<u>Website</u>
Victim Supportline	0808 168 9111	Supportline - Victim Support
Sexual Violence	01582 416783	Help with sexual violence Luton All Women Centre (lutonallwomenscentre.org.uk)
Careline	0800 101 3333	Careline - Pendant Alarms For The Elderly - Careline365
Premier Lifeline	0300 111 0101	Premier Lifeline
Samaritans	116 123	Samaritans Every life lost to suicide is a tragedy Here to listen