



Green for Go, Go for Help!

EMERGENCY! Ambulance, Fire, Police 999

Refugee Council
0207 346 6770
www.refugeecouncil.org.uk

Samaritans Tel: 116123
need to talk?

Bereavement Cruse
0808 808 1677

Crimestoppers 0800 555 111
www.crimestoppers-uk.org/

Rape Crisis
0808 802 9999
www.rapecrisis.org.uk

Child Line
0800 11 11

Shout
for Support in a Crisis
Text Shout to 85258

FamilyLives.org.uk
0808 800 2222
Parenting advice

Mind.org.uk Information about mental health

Homelessness
StreetLink
0300 500 0914
Shelter 0808 800 444

Domestic Abuse 24hr
0808 2000 247
Text 07970350366

Non-emergency
111 for NHS
101 for Police
24 hours every day

Carers Support
West Sussex 0300 028 8888
Surrey 0303 040 1234
SMS 07714 075993
East Sussex 01323 738390
text 07860 077300.

Debt
Christians against Poverty
01274760720
National Debtline
08088084000
www.nationaldebtline.org

Mental Health Crisis Line
Sussex 0300 5000 101
Textphone 0300 5000 101
Surrey 0800 915 4644
Text: 07717 989024
Textphone 18001 0800 915 4644

Modern Slavery
08000 121 700
www.modernslaveryhelpline.org

Drug & Alcohol
Surrey 0300 222 5932
West Sussex 0300 303 8677
East Sussex 0300 3038 160

Relationship Counselling
www.relate.org.uk/

Life-Pregnancy Matters
lifecharity.org.uk
0808 802 5433
07860077339 Text support

Victim Support
0808 168 9111
www.victimsupport.org

This poster is brought to you by

The Ecumenical Mental Health Project in Surrey and Sussex.

