

Specialist Support Signposting - Relationships and safeguarding

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: nspcc.org.uk

Refuge

Provides specialist support for women and children experiencing domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: refuge.org.uk

Alzheimer's Society

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122 (Mon to Fri, 9am to 5pm. Weekends, 10am to 4pm)

Website: alzheimers.org.uk

Cruse Bereavement Care

Provides free care and bereavement counselling to people suffering from grief.

Phone: 0844 477 9400 (Mon to Fri, 9am to 5pm)

Website: crusebereavementcare.org.uk

Rape Crisis

Runs a freephone helpline for people who want to talk about what has happened to them. Rape Crisis is independent of the government and criminal justice system, and its services are available irrespective of whether or not the person wants to report the assault.

Phone: 0808 802 9999 (daily, 12 to 2:30pm, 7 to 9:30pm)

Website: rapecrisis.org.uk

Victim Support

Provides specialist practical and emotional support to victims and witnesses of crime.

Phone: 0808 168 9111 (24 hour helpline)

Website: victimsupport.org

Beat

Beat is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf.

Phone: 0808 801 0677 (adults)

0808 801 0711 (for under 18s)

Website: beateatingdisorders.org.uk

Mencap

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Mon to Fri, 9am to 5pm)

Website: mencap.org.uk

Family Lives

Advice on all aspects of parenting including dealing with bullying.

Phone: 0808 800 2222 (Mon to Fri, 9am to 9pm. Sat and Sun, 10am to 3pm)

Website: familylives.org.uk

Relate

The UK's largest provider of relationship support.

Website: relate.org.uk