



for better mental health

<http://www.mind.org.uk/>

the
**national
careline**

Helpline: 0800 0699 784

Email: office@thenationalcareline.org

women's aid

until women & children are safe

www.womensaid.org.uk

Helpline: 0808 2000 247

Alcoholics Anonymous National Helpline



Tel: 0845 769 7555

Email: help@alcoholics-anonymous.org.uk

Your Local Family Information Service:

Devon

Kingfisher House

Western Way,

Exeter, EX1 2DE

Tel: 0845 155 1013

discinfo@devon.gov.uk



Find

<http://www.trusselltrust.org/map>



when it's less
urgent than 999

SAMARITANS

confidential emotional
support available 24/7

08457 90 90 90
samaritans.org

RAPECRISIS
ENGLAND AND WALES

National Freephone Helpline

0808 802 9999



<http://www.citizensadvice.org.uk/>