



for better mental health

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

the national  
careline

Helpline: 0800 0699 784

Email: [office@thenationalcareline.org](mailto:office@thenationalcareline.org)

women's aid

until women & children are safe

[www.womensaid.org.uk](http://www.womensaid.org.uk)

Helpline: 0808 2000 247

Portsmouth  
foodbank



Kings Church

Somers Road

Southsea

PO5 4QA

Tel: 023 9298 7976

OPENING TIMES ARE

From 12noon till 2pm

Monday, Wednesday and Friday



CALL  
111

when it's less  
urgent than 999

Alcoholics Anonymous National Helpline



Tel: 0845 769 7555

Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

SAMARITANS

confidential emotional  
support available 24/7

08457 90 90 90  
[samaritans.org](http://samaritans.org)

Your Local Family Information Service:

Portsmouth City Council

Civic Offices

Guildhall Square

Portsmouth

PO1 2AS

Email: [fis@portsmouthcc.gov.uk](mailto:fis@portsmouthcc.gov.uk)

Phone: 023 9268 8830

Hours: Monday-Friday, 9am - 4pm

RAPECRISIS  
ENGLAND AND WALES

National Freephone Helpline

0808 802 9999



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

Signposting Leaflet