Useful resources

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| **Name** | **Contact information** | **Details** |
| Connection Service | 0300 1235400  24 hours, 7 days a week |  |
| Rethink Mental Illness | 0300 5000 927  [www.rethink.org](http://www.rethink.org)  Monday to Friday, 9.30am to 4pm | Support and advice for people living with mental illness |
| Silent Solution | 999 then 55 | Domestic violence number. Allows people to alert police without having to speak out loud. |
| Domestic Abuse Helpline | 0808 2000 247  24 hours |  |
| You First | 0800 032 5204  24 hours | Domestic abuse number |
| Bournemouth, Christchurch and Poole Outreach | 01202 710 777  24 hours | Domestic abuse support |
| Women’s Aid | Online chat room - chat.womensaid.org.uk  email - [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)  10am-12pm Monday to Friday | Domestic abuse support |
| Respect helpline | 0808 802 4040 | For anyone worried that they may be harming someone else |
| Galop | 0800 999 5428 | Domestic violence advice for lesbian, gay, bisexual and transgender |
| Dorset Police | In an emergency call 999  In a non-emergency email 101@dorset.pnn.police.uk or call 101 | For additional help and advice go to [www.dorset.police.uk/abuse-help](http://www.dorset.police.uk/abuse-help) |
| Link Visiting Swanage | <https://www.facebook.com/groups/190954992358618>  [www.sandpdt.org.uk/coronavirus-response](http://www.sandpdt.org.uk/coronavirus-response) | Swanage Community Coronavirus Response are working with Swanage Town Council and Swanage Town and Community Partnership to share information and support one another through the Coronavirus (COVID-19) crisis. |
| Anxiety UK | 03444 775774  [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm | Charity providing support if you have been diagnosed with an anxiety condition. |
| Bipolar UK | www.bipolaruk.org.uk | A charity helping people living with manic depression or bipolar disorder. |
| CALM | 0800 58 58 58  [www.thecalmzone.net](http://www.thecalmzone.net)  Daily, 5pm to midnight | CALM is the Campaign Against Living Miserably, for men aged 15 to 35. |
| Men’s Health Forum | [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk) | 24/7 stress support for men by text, chat and email |
| Mental Health Foundation | [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) | Provides information and support for anyone with mental health problems or learning disabilities. |
| Mind | 0300 123 3393  [www.mind.org.uk](http://www.mind.org.uk)  Monday to Friday, 9am to 6pm | Promotes the views and needs of people with mental health problems. |
| No Panic | 0844 967 4848  Calls cost 5p per minute plus your phone provider's Access Charge  [www.nopanic.org.uk](http://www.nopanic.org.uk)  Daily, 10am to 10pm | Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. |
| OCD Action | 0845 390 6232  Calls cost 5p per minute plus your phone provider's Access Charge  [www.ocdaction.org.uk](http://www.ocdaction.org.uk)  Monday to Friday, 9.30am to 5pm | Support for people with OCD. Includes information on treatment and online resources. |
| OCD UK | 0333 212 7890  [www.ocduk.org](http://www.ocduk.org)  Monday to Friday, 9am to 5pm | A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. |
| PAPYRUS | 0800 068 4141  [www.papyrus-uk.org](http://www.papyrus-uk.org)  Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays | Young suicide prevention society |
| Samaritans | 116 123  [www.samaritans.org.uk](http://www.samaritans.org.uk)  Free 24-hour helpline | Confidential support for people experiencing feelings of distress or despair. |
| SANE | 0300 304 7000  [www.sane.org.uk](http://www.sane.org.uk/support)  Daily, 4.30pm to 10.30pm | Emotional support, information and guidance for people affected by mental illness, their families and carers. |
| SANE Textcare | [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare) | Comfort and care via text message, sent when the person needs it most |
| YoungMinds | 0808 802 5544  [www.youngminds.org.uk](http://www.youngminds.org.uk)  Monday to Friday, 9.30am to 4pm | Information on child and adolescent mental health. Services for parents and professionals |
| NSPCC | 0800 1111  Childline for children (24-hour helpline)  0808 800 5000  For adults concerned about a child (24-hour helpline)  [www.nspcc.org.uk](http://www.nspcc.org.uk) | Children's charity dedicated to ending child abuse and child cruelty |
| Refuge | 0808 2000 247  [www.refuge.org.uk](http://www.refuge.org.uk)  24-hour helpline | Advice on dealing with domestic violence |
| Alcoholics Anonymous | 0800 917 7650  [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)  24-hour helpline |  |
| National Gambling Helpline | 0808 8020 133  [www.begambleaware.org](http://www.begambleaware.org)  Daily, 8am to midnight |  |
| Narcotics Anonymous | 0300 999 1212  [www.ukna.org](http://www.ukna.org)  Daily, 10am to midnight |  |
| Alzheimer's Society | 0333 150 3456  [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  Monday to Friday, 9am to 5pm and 10am to 4pm on weekends | Provides information on dementia, including factsheets and helplines |
| Cruse Bereavement Care | 0808 808 1677  [www.cruse.org.uk](http://www.cruse.org.uk)  Monday to Friday, 9am to 5pm |  |
| Rape Crisis | 0808 802 9999  [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)  Daily, 12pm to 2.30pm and 7pm to 9.30pm |  |
| Victim Support | 0808 168 9111  [www.victimsupport.org](http://www.victimsupport.org)  24-hour helpline |  |
| Beat | Adults 0808 801 0677  Under-18s 0808 801 0711  [www.b-eat.co.uk](http://www.b-eat.co.uk) | Help with eating disorders |
| Mencap | 0808 808 1111  [www.mencap.org.uk](http://www.mencap.org.uk)  Monday to Friday, 9am to 5pm | Charity working with people with a learning disability, their families and carers. |
| Family Lives | 0808 800 2222  [www.familylives.org.uk](http://www.familylives.org.uk)  Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm | Advice on all aspects of parenting, including dealing with bullying |
| Relate | [www.relate.org.uk](http://www.relate.org.uk) | The UK's largest provider of relationship support. |