

Emergency Contacts

Childline

24-hour helpline for children and young people in the UK.

Confidential Helpline: 0800 1111 Website: www.childline.org.uk

Dads UK

For single fathers, bereaved husband or gay father who may be going through a divorce or fighting for custody or who are finding it difficult being without their children offering advice from men who are, or have been through similar situations

Helpline: 07092 391489 or 07092 390210 Website: www.dads-uk.co.uk

Families Need Fathers

Information and support to parents, including unmarried parents, of either sex with the problems of maintaining a child's relationship with both parents during and after family breakdown.

Helpline: 0870 760 7496 Website: www.fnf.org.uk

Fathers Direct

National information centre on fatherhood

Central Office: 0845 634 1328 Website: www.fathersdirect.com

Home Start

Support for families with children under 5.

Freephone National Information Line 080 0068 6368 Website: www.home-start.org.uk

ParentLine Plus

Support for anyone parenting a child.

Telephone: 0808 800 2222 Textphone: 0800 783 6783 Website: www.parentlineplus.org.uk

Rape Crisis

Support women affected by sexual assault, rape or child abuse.

Regional Helpline numbers: see website at: www.rapecrisis.org.uk/helplinenumbers

Samaritans

Confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

National Helpline: 08457 90 90 90 Website: www.samaritans.org.uk

The Disability Law Service Advice Line

Offers free advice on Consumer Contract, Community Care, Disability Discrimination, Education,

Employment, Welfare Benefits.

Website: www.dls.org.uk/Advice_Line

Womens Aid

National charity working to end domestic violence against women and children.

Freephone 24 Hour National Domestic Violence Helpline: 0808 2000 247 Website: www.womensaid.org.uk