

NATIONAL SUPPORT RESOURCES



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| Carers UK | 0808 808 7777, advice@carersuk.org |
| Childline | 0800 1111 |
| Citizens Advice | 03444 111 444 |
| Mind | 0300 123 3393 or text 86463 (for mental health support) |
| National Domestic Abuse Helpline | 0808 2000 247 |
| NSPCC | 0808 800 5000 |
| Samaritans | 116 123 |
| Silverline | 0800 470 8090 (for older people in need) |
| StepChange | www.stepchange.org |
| Turn2us | www.turn2us.org/get-support/benefits-and-coronavirus |
| Women's Aid | www.womensaid.org.uk/information-support |
| YourNeighbour | 0300 323 9952 (for help with a friendly phone call, collecting prescriptions, shopping, advice or pastoral support) |