

## I need help and support for:

Chat **Autism**, advice from professionals: **text 07312 277 097**

Cruse, **bereavement** support: **call 0808 808 1677**

**Carers** UK helpline: **call 0808 808 7777**

Step Change, **debt and money** advice: **call 0800 138 1111**

Alzheimer's Society, **dementia** support: **call 0333 150 3456**

**Domestic abuse** national helpline: **call 0808 2000 247**

Turning Point, **drug and alcohol** support service: **call 0330 303 6000**

**Farming** Community Network helpline: **call 0300 0111 999**

LGBT Foundation, **LGBTQ+** helpline: **call 03453 303030**

**Rape and sexual abuse**, 24/7 helpline: **call 0808 500 2222**

OpCOURAGE, **veterans** emotional support: **call 0300 323 0139**

Tellmi, **virtual anonymous** mental health support: **visit [www.tellmi.help](http://www.tellmi.help)**



To find local support, groups and activities, visit [LLRjoy.com](http://LLRjoy.com)

## Support when you feel distressed and hopeless and need to talk to someone now



Leicester, Leicestershire and Rutland

### National 24/7 support:

Samaritans (all age): **116 123**

Silverline (age 55+): **0800 470 80 90**

Childline (ages 19 and under): **0800 1111**

SHOUT (text helpline): **text SHOUT to 85258**

### Leicester, Leicestershire and Rutland support:

Visit or call a **Neighbourhood Mental Health Cafe**, for anyone aged 18+  
Locations and opening hours: **[www.bit.ly/LLRNMHCs](http://www.bit.ly/LLRNMHCs)**

**Call NHS 111, mental health option**, 24/7 advice and support

You can also text **0748 063 5199** and we will aim to get back to you within four hours

Ask your **GP practice** for an urgent appointment

**Call 999 or go to A&E if yours or someone else's life is at risk**

Please turn this card around to see other helpful numbers and services

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