

List of support contacts

If you are worried about your immediate safety and feel at risk of harming yourself, please access help immediately. Call **999** for Emergency Services

List of support contacts

Organisation

Contact details

Mental health

Samaritans

Available 24 hours a day, 365 days a year and a non-judgemental listening service.

Call: 116 123

Email: jo@samaritans.org
www.samaritans.co.uk

C.A.L.L Mental Health Helpline for Wales

Support and information to anyone suffering mental distress.

Call: 0800 132 737 or
Text **HELP** to 81066

CALM - Campaign Against Living Miserably

Helpline for young men aged 15-35 who are depressed, suicidal and/or living in crisis.

Call: 0800 58 58 58
www.thecalmzone.net

SANE

A leading UK mental health charity. They work to improve quality of life for anyone affected by mental illness.

Call SANELine: 0300 304 7000
(4.30pm-10.30pm daily)

Papyrus

Provides HOPELINE247, a free, confidential support and advice service for people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

Call: 0800 068 4141
Email: pat@papyrus-uk.org

For local students, Wrexham Police Station can be contacted if someone's wellbeing is at risk of suicide. Call: **0845 607 1002**

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Eating disorders

Beat Charity

To support people who have or are worried about an eating disorder as well as others affected, e.g. family and friends.

Call: 0808 801 0677
Email: help@beateatingdisorders.org.uk

Drugs & Alcohol

DAN 24/7 Wales Drug and Alcohol Helpline

Free and bilingual telephone drugs helpline offering assessment and referral to local and regional drug and alcohol services.

Call: 0808 808 2234 or
Text **DAN** to 81066

CAIS Charity

Supporting people who have problems with addictions, mental health, personal development and employment.

Call: 0345 0612 112
<http://www.cais.co.uk/>

Alcoholics Anonymous

A fellowship of men and women who share their experiences, strength and hope with one another in order to solve their common problem and help others to recover from alcoholism.

Call: 0800 917 7650
www.alcoholics-anonymous.org.uk

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Debt

Step Change

Step-by-step debt support plans

Note: People will need to complete the online form before speaking with an advisor on the phone.

Call: 0800 138 1111
(Mon-Fri 8am-8pm, Sat 8am-4pm)
<https://www.stepchange.org/>

Christians Against Poverty (CAP)

International Christian group against poverty. Information, support and guidance.

<https://capuk.org/>

National Debt Line

<https://www.nationaldebtline.org/>

Trussell Trust – Food Bank

Provides emergency food and support to people facing hardship.

Call: 01722 580 180
<https://www.trusselltrust.org/>

Bereavement

Cruse Bereavement Care

Supporting people nationally with bereavement

Call: 0808 808 1677
<https://www.cruse.org.uk/get-support/>

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Sexual Violence

Amethyst

Amethyst is a Sexual Assault Referral Centre (SARC) for North Wales, where trained professionals provide help, support and information to adults, children and young people who have been raped or sexually assaulted in North Wales.

Call: 01492 805384

Email: BCU.Amethyst@wales.nhs.uk

Chester Sexual Abuse Support Service

Free independent counselling and telephone support line for any individual aged 18 years or over who has been affected by any form of sexual abuse in their lives.

Call: 01722 580 180

<https://csass.org.uk/>

Rape Crisis

Rape Crisis England & Wales is a feminist organisation existing to promote the needs and rights of women and girls who have experienced sexual violence.

<https://rapecrisis.org.uk/>

RASASC (Rape and Sexual Abuse Support Centre)

Support and advice regarding sexual violence and rape.

Call: 0800 0288 022

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Domestic Abuse

Live Fear Free

Primarily a helpline for those suffering from domestic abuse and sexual violence, but you can call them regarding any form of violence against women and they will refer you to a service in your area.

Call: 0808 80 10 800
www.livefearfree.gov.wales

White Ribbon

Support for men and women as victims including victims of FGM and forced marriage. There are a number of other website links on their website to explore for more information.

<https://www.whiteribbon.org.uk/find-help/>

Housing issues

Shelter

Working for people in need by providing free, independent, expert housing advice and campaigning to overcome the barriers standing in the way of people in Wales having a decent and secure home.

<https://www.shelter.org.uk/>

NACRO

National social justice charity with over 50 years experience in changing lives, building stronger communities and reducing crime. Housing, educating, support and advice for disadvantaged young people and adults.

<https://www.nacro.org.uk/services/wales/wrexham-supported-housing/>

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LGBT+

Stonewall

Building a strong LGBT+ community and empowering individuals to make change happen. Support and advice, hate crime, legal rights

<https://www.stonewall.org.uk/>

LGBT Foundation

National charity delivering advice, support and information services to LGBT communities

Call: 0345 330 30 30
<https://lgbt.foundation/>

BAME (black, asian and minority ethnic)

BAWSO

BAWSO support people from black and ethnic minority backgrounds with domestic abuse and other issues.

<https://bawso.org.uk/en/>

Other

North Wales Victim Support

Emotional and practical help to people who have been affected by crime in North Wales.

Call: 0300 30 30 159

Wrexham Citizens Advice

Citizens Advice provides free, confidential and independent advice to help people overcome their problems.

Call: 0300 330 1178
<https://www.citizensadvice.org.uk/wales>

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IN CRISIS SUPPORT

when you are unable to **keep yourself safe** and need **emergency help**

1

EMERGENCY HELP

PLEASE CALL 999 or VISIT A&E

you can **contact your GP** during office hours if you need support but it's **not an emergency** situation, or call 111 after office hours



2

TalkCampus Helpline

A peer support app that helps connects students to fellow students to offer support to each other. The app is a **safe place for you to talk** about your feelings and concerns. It is monitored by professionals 24hrs a day.

It is a safe place for students to talk anonymously and without judgement. Download on the **App Store** or go to **Google Play Store!**



3

SAMARITANS

Available **24 hours a day**, 365 days a year and are non judgmental listening service.

You can call on **116 123** or email jo@samaritans.org



4

SHOUT to 85258

Emergency mental health text line available **24 hours a day**.

SANE Mental Health Helpline: 0300 304 7000



5

PAPYRUS

HopeLine for those **at risk of suicide**

CALL 0800 068 4141 Open 9 - Midnight every day

Staying Safe: web resources on suicidal thoughts



6

C.A.L.L and CALM

C.A.L.L. - **0800 132 737** or text **HELP** to **81066**

CALM helps young men (aged 15-35) who are struggling: **0800 58 58 58**



For local students, Wrexham Police Station can be contacted if someone's wellbeing is at risk of suicide: call **0845 607 1002**.