

Help and Support

The following is a selection of leading charities and organisations that offer a wide range of free services in response to many issues.

Add-Vance – Local charity – advice regarding children with ADHD and Autism.
Help desk – 01727 833 963 (9am to 1pm weekdays) Email – herts@add-vance.org

Alcoholics Anonymous – Support for people with alcohol issues.
24 hour helpline – 0800 9177 650.

Beat – UK leading eating disorder charity.
Helpline – 0808 801 0677. Email – help@beateatingdisorders.org.uk

Child Bereavement UK – Support for the loss of a child and for children suffering bereavement.
National helpline – 0800 0288 840. Email – support@childbereavementuk.org

Child Line – 24/7 confidential emotional support and advice.
0800 1111 (free number).

Citizens Advice Bureau – free legal advice.
National Helpline – 03444 111 444 (9am to 5pm weekdays).

Cruse – Emotional support for the bereaved.
National Helpline – 0808 808 1677 (9.30am to 5pm weekdays).

Drink Line – Confidential service for concerns about drinking.
Helpline – 0300 123 1110 (9am to 8pm weekdays – 11am to 4pm weekend).

Gamcare – Information and help for all gambling related issues.
Free helpline – 020 7801 7000. Email – info@gamcare.org.uk

Mind – UK leading mental health charity.
Information and helpline – 0300 123 3393 [9 am to 6 pm]. Email – info@mind.org.uk
Text – 86463.

National Debt Advice – On-line advice for debt related issues.
Email – nationaldebtadvice.org.uk

NHS – Advice on non-emergency health issues
24 hour helpline – 111.

NSPCC – Child protection and advice.

Helpline - 0808 800 5000.

Parent Line – support and advice on a range of family issues.

Family Helpline – 0808 800 2222.

Police – Advice on non-emergency crime related issues.

24 hour helpline – 101.

Recovery – Help and information relating to all types of addiction.

Free confidential helpline – 0203 953 0324.

Email – recovery.org.uk

Samaritans – Confidential non-judgmental emotional support for people at risk.

24/7 free helpline – 116 123.

Text – 07725 909090. Email – jo@samaritans.org

Shelter – UK leading housing and homeless charity.

Helpline – 0808 800 4444. Email – info@shelter.org.uk

Step Change – National charity supporting people with debt problems.

Helpline – 0800 138 1111.