Contact numbers for urgent support

For crisis in a Domestic Abuse situation

* **Call 999**
* If children are at risk, contact:
* Somerset Children’s Social Care on **0300 123 2224 or** childrens@somerset.gov.uk **or**
* Bath & NE Somerset Council on 01225 396111 (weekdays); 01454 615165 (out of hours)

<https://bcssp.bathnes.gov.uk/form/report-a-concern>

For a crisis Mental Health situation **(including suicidal ideation)**

* **Call 999**
* Go straight to [A&E](https://uat-admin.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/accident-emergency-a-e/)
* Urgent mental health support <https://www.nhs.uk/mental-health/>

Supporting children

NSPCC (national Society for the prevention of cruelty to children) for adults concerned about a child – 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)

* Childline for children and young people – 0800 1111
* Stop It Now (child safeguarding organization) helps prevent child sexual abuse – 0808 1000 900
* Barnardos [www.barnardos.org.uk](http://www.barnardos.org.uk) (child protection charity)
* CEOP (Child Exploitation and Online Protection Command) [www.ceop.police.uk](http://www.ceop.police.uk)

Supporting men and women

* WomensAid (female domestic abuse charity) [www.womensaid.org.uk](http://www.womensaid.org.uk)
* ManKind Initiative (male domestic abuse charity) - 01823 334244 [www.mankind.org.uk](http://www.mankind.org.uk)
* **Men’s Advice Line:** 0808 801 0327  [www.mankkind.org.uk](http://www.mankkind.org.uk)
* 24-hour National Domestic Violence helpline – 0808 2000 247 [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)
* NAPAC (National Association for People Abused in Childhood) offers support and advice to adult survivors of childhood abuse – 0808 801 0331 [www.napac.org.uk](http://www.napac.org.uk)
* Restored (Christian domestic abuse charity for women) [www.restoredrelationships.org](http://www.restoredrelationships.org)
* Clewer Initiative (supporting victims of modern slavery) [www.theclewerinitiative.org](http://www.theclewerinitiative.org)
* Reporting modern slavery – helpline 0800 0121 700 [www.modernslavery.co.uk](http://www.modernslavery.co.uk)
* Suzy Lamplugh Trust - a national helpline 0808 802 0300 providing advice for victims who have been affected by harassment or stalking <https://www.suzylamplugh.org/>

Supporting survivors of sexual abuse

* The Survivors Trust – 0808 801 0818 (Mon-Wed 10-7.30pm, Thu 10-6pm, Fri 10-2pm) <http://thesurvivorstrust.org>
* Safeline – support for those affected by or at risk of sexual violence 01926 402498 <https://safeline.org.uk>
* SupportLine – support for those who are isolated, at risk, vulnerable and victims of any form of abuse, helpline 01708 765200[www.supportline.org.uk](http://www.supportline.org.uk)
* Victim Support – for those suffering from childhood abuse, 0808 168 9111; (Avon & Somerset 0300 303 1972. Lines open 9.30am-5.30pm Mon, Wed and Fri, and 11am-7pm on Tue and Thu) [www.victimsupport.org.uk/crime-info/types-crime/childhood-abuse](http://www.victimsupport.org.uk/crime-info/types-crime/childhood-abuse)
* **National Rape Crisis Helpline**:0808 802 9999 (every day 12-2.30pm and 7-9.30pm)
* MACSAS (Minister and Clergy Sexual Abuse Survivors) for people who have been abused by church officers – 0808 801 0340 [www.macsas.org.uk](http://www.macsas.org.uk)
* Safe Spaces – supporting survivors of church related sexual violence - **0300 303 1056**[Safe Spaces - Victim Support](https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/safe-spaces/#:~:text=Safe%20Spaces%20provides%20a%20confidential%2C%20personal%20and%20safe,new%20service%20provider%20in%20place%20from%20early%202023.) Live chat: [Live chat - Victim Support](https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat/) **(Mon, Tue, Wed, Fri, Sat: 10am-6pm and Thu: 12pm-8pm)**

Supporting the elderly

* Hourglass (Action on Elder Abuse) helpline – 0808 808 8141 [www.elderabuse.org.uk](http://www.elderabuse.org.uk)
* AgeUK helpline 0800 678 1602 (8am-7pm daily) [www.ageuk.org.uk](http://www.ageuk.org.uk)

Other support

* Action Fraud – 0300 123 2040 [www.actionfraud.police.uk/contact-us](http://www.actionfraud.police.uk/contact-us)
* Cruse bereavement helpline – 0808 808 1677
* Family Lives provides support and advice on family issues – 0808 800 222
* SCIE (Social Care Institute for Excellence) safeguarding adults at risk of abuse or neglect [www.scie.org.uk](http://www.scie.org.uk)
* Carers Trust - search with postcode to find local support services. NHS Carers Direct helpline 0300 123 1053 <https://carers.org>
* NACR (National Association for Christian Recovery including spiritual abuse) [Spiritual Abuse (nacr.org)](https://www.nacr.org/nacr-institute/pastoral-care-and-abuse/spiritual-abuse)
* **GALOP - LGBT+ Domestic Abuse Helpline:** 0800 999 5428 <https://galop.org.uk>
* Samaritans - for people struggling to cope and needing someone to talk to – 116 123 (24 hours) <https://www.samaritans.org>
* Mind - (Somerset Mind line) 0800 138 1692 (freephone) 01823 276892 <https://www.mind.org.uk/information-support/local-minds/>
* Rethink Mental Illness - search with postcode to find local space for people suffering mental illness to talk about their experience and get peer support <https://www.rethink.org/help-in-your-area/groups-in-your-area/>
* Mental Health Matters - support services including helplines, therapy, advocacy and crisis support <https://www.mhm.org.uk/Pages/Category/find-a-service?Take=24>
* Text "SHOUT" to 85258 for free from all major UK mobile networks. You'll then be connected to a volunteer for an anonymous conversation by text message.