

# USEFUL CONTACTS

**CAMPAIGN AGAINST LIVING MISERABLY (CALM)**

**0800 58 58 58**

**[THECALMZONE.NET](http://THECALMZONE.NET)**

**CRUSE BEREAVEMENT SUPPORT**

**[0808 808 1677](tel:08088081677)**

**[CRUSE.ORG.UK](http://CRUSE.ORG.UK)**

**MONEYHELPER**

**0800 138 7777 (ENGLISH)**

**0800 138 0555 (WELSH)**

**18001 0800 915 4622 (TEXT RELAY)**

**[MONEYHELPER.ORG.UK](http://MONEYHELPER.ORG.UK)**

**SAMARITANS**

**116 123 (FREEPHONE)**

**FREEPOST SAMARITANS LETTERS**

**[SAMARITANS.ORG](http://SAMARITANS.ORG)**

**SHOUT**

**85258 (TEXT SHOUT)**

**[GIVEUSASHOUT.ORG](http://GIVEUSASHOUT.ORG)**

**CONFIDENTIAL 24/7 TEXT SERVICE OFFERING**

**STAND ALONE**

**[STANDALONE.ORG.UK](http://STANDALONE.ORG.UK)**

**CHARITY SUPPORTING ADULTS WHO ARE ESTRANGED**

**(NOT IN CONTACT) FROM THEIR FAMILY.**

**THE TRUSSELL TRUST**

**0808 208 2138 (HELP THROUGH HARDSHIP HELPLINE)**

**[TRUSSELLTRUST.ORG](http://TRUSSELLTRUST.ORG)**

**THE SILVER LINE**

**0800 4 70 80 90**

**[THESILVERLINE.ORG.UK](http://THESILVERLINE.ORG.UK)**

**PROVIDES SUPPORT, INFORMATION, FRIENDSHIP AND ADVICE**

**FOR ANYONE AGED OVER 55 WHO MAY FEEL LONELY OR**

**ISOLATED.**

**[WWW.MINDANDMOODTHERAPYBOXES.COM](http://WWW.MINDANDMOODTHERAPYBOXES.COM)**