

# Useful Contacts

Giving you the support contact details for various agencies in one convenient place.

The agencies listed below are better equipped and whose primary focus is it to deal with things like suicide and suicide prevention, bereavement, general health, crisis support, government benefits, counselling, short-term residential crisis, alcohol services, drugs services and other various kinds of support.

## **Survivors of Bereavement by Suicide**

contact 0300 111 5065

Peer-led support to adults impacted by suicide loss

## **National Suicide Prevention**

contact: 0800 689 5652 or 0800 689 0880

Suicide Prevention

## **Cruse Bereavement**

contact: 0808 808 1677

Support and counselling for loss of loved ones

## **NHS UK**

contact: 111

## **Papyrus HOPELINEUK**

contact: 0800 068 4141 / 0786 003 9967 (text)

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open 24 hours, 7 days a week.

## **The Samaritans**

contact: 116 123

## **Shout**

contact: 85258 (text SHOUT)

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

## **Leicester, Leicestershire & Rutland Crisis House**

contact: 0116 210 4510

Offers short-term residential crisis support.

## **Citizens Advice Bureau**

contact: 0800 144 8848

## **Tax Credits**

contact: 0345 300 3900

## **Child Benefit**

contact: 0300 200 3100

## **PIP - New claims**

contact: 0800 917 2222

## **Attendance Allowance**

Contact: 0800 731 0122

## **Disability Living Allowance Helpline**

Contact: 0800 121 4600

## **Headway**

Contact: 08088002244

Brain injury support for family, carer and person

## **Charnwood Borough Council - CBC Lettings**

Contact: 01509 634651 (Private Housing); 01509 634567 (Social Lettings Coordinator)

Help with the Rent deposit or rent in advance.

## **The Bridge**

Contact: 01509 260500 / 0800 038 5964

Housing related advice, support, and assistance services and accommodation options to homeless and vulnerably housed people

## **Turning Point - Leicestershire, Rutland, Loughborough & Coalville**

Contact: 0330 303 6000

Drug and Alcohol Service

## **Turning Point - Nottingham**

Contact: 0115 896 0798

Drug and Alcohol Service

## **Nottingham Recovery Network**

Contact: 0800 066 5362

Drug and Alcohol Service

## **Alcoholics Anonymous**

Contact: 0800 917 7650

Alcohol Service

## **Narcotics Anonymous**

Contact: 0300 999 1212

Narcotics Service

## **Living Without Abuse**

Contact: 08088020028 / 01509 550317

For anyone who lives with abuse – Male or Female

## **Dementia Support**

Contact: 01162237363

Pre- / Post-Diagnosis support

## **Warm & Wise**

Contact: 0116 261 4606

Over 50s energy assessment and advice

## **Home Respite**

Contact: 0116 299 2266

Home respite for carers (charges apply)

## **Leicester Carers Support**

Contact: 0116 222 0538