



# Green for Go, Go for Help!

**EMERGENCY! Ambulance, Fire, Police 999**

### Refugee Council

0207 346 6770

[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

### Samaritans Tel: 116123

need to talk?

### Bereavement Cruse

0808 808 1677

### Crimestoppers 0800 555 111

[www.crimestoppers-uk.org/](http://www.crimestoppers-uk.org/)

### Rape Crisis

0808 802 9999

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### Child Line

**0800 11 11**

### Shout

for Support in a Crisis

Text Shout to 85258

### FamilyLives.org.uk

0808 800 2222

Parenting advice

**Mind.org.uk** Information about mental health

### Homelessness

StreetLink

0300 500 0914

Shelter 0808 800 444

### Domestic Abuse 24hr

0808 2000 247

Text 07970350366

### Non-emergency

**111 for NHS**

**101 for Police**

24 hours every day

### Carers Support

West Sussex 0300 028 8888

Surrey 0303 040 1234

SMS 07714 075993

East Sussex 01323 738390

text 07860 077300.

### Debt

Christians against Poverty

01274760720

National Debtline

08088084000

[www.nationaldebtline.org](http://www.nationaldebtline.org)

### Mental Health Crisis Line

Sussex 0300 5000 101

Textphone 0300 5000 101

Surrey 0800 915 4644

Text: 07717 989024

Textphone 18001 0800 915 4644

### Modern Slavery

08000 121 700

[www.modernslaveryhelpline.org](http://www.modernslaveryhelpline.org)

### Drug & Alcohol

Surrey 0300 222 5932

West Sussex 0300 303 8677

East Sussex 0300 3038 160

### Relationship Counselling

[www.relate.org.uk/](http://www.relate.org.uk/)

### Life-Pregnancy Matters

[lifecharity.org.uk](http://lifecharity.org.uk)

0808 802 5433

07860077339 Text support

### Victim Support

**0808 168 9111**

[www.victimsupport.org](http://www.victimsupport.org)

This poster is brought to you by

The Ecumenical Mental Health Project in Surrey and Sussex.

