

Other Support Services

Shout 85258

By texting 'SHOUT' to 85258 a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text.

<https://giveusashout.org/about-us/about-shout/>

The Silver Line

The only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

<https://www.thesilverline.org.uk/>

Telephone: 0800 4 70 80 90

Alcoholics Anonymous Great Britain

Supports the personal recovery and continued sobriety of alcoholics.

<https://www.alcoholics-anonymous.org.uk/>

Telephone: 0800 9177 650 (free national helpline)

Email: help@aamail.org

Muslim Community Helpline

They aim to provide a listening and emotional support service for members of the community in the United Kingdom. The service operates Monday to Thursday 10 am to 1 pm, Friday 10 am to 4 pm.

<https://muslimcommunityhelpline.org.uk/>

Telephone: 0208 904 8193 or 0208 908 6715

Email: ess4m@btinternet.com

Men's Sheds

Banishing loneliness and isolation isn't easy, which is why Men's Sheds encourages local communities to come together to build, fix and restore projects as well as themselves!

<https://menssheds.org.uk/>

Telephone: 0300 772 9626

Email: admin@ukmsa.org.uk
