



## HELPFUL TELEPHONE NUMBERS

<b>Alcoholics Anonymous</b> 24 hour phone line <a href="http://www.alcoholics-anonymous.org.uk/">www.alcoholics-anonymous.org.uk/</a>	<b>01865 242373</b> <b>0800 9177 650</b>	<b>National Debt Line</b>	<b>0808 808 4000</b>
<b>The Archway Foundation</b> Serving those hurt by loneliness (with part time staff so they will respond as soon as they can)	<b>01865 790552</b>	<b>NHS Smoking Helpline</b>	<b>030 123 1044</b>
<b>Beat</b> Beating eating disorders <a href="https://www.b-eat.co.uk/">https://www.b-eat.co.uk/</a>	<b>(over 18s) - 0808 8010677</b> <b>(under 18s) - 0808 801 0711</b>	<b>Oxford Friend</b> LGBT Support <a href="https://www.oxmindguide.org.uk/minditem/oxfriend/">https://www.oxmindguide.org.uk/minditem/oxfriend/</a>	<b>01865 726893</b>
<b>Bullying Helpline</b> Support and advice for victims of bullying <a href="http://www.nationalbullyinghelpline.co.uk/">www.nationalbullyinghelpline.co.uk/</a>	<b>0845 22 55 787</b>	<b>Oxfordshire Mental Health Matters</b>  Information and advice on mental health, Eating disorders, sexual abuse and bereavement.	<b>01865 728981</b> <b>01865 247788</b>
<b>CASS ANY AGE</b> Women's Self Injury Helpline <a href="http://www.selfinjurysupport.org.uk/">http://www.selfinjurysupport.org.uk/</a>	<b>0808 800 8088</b>	<b>Oxford Sexual Abuse and Rape Crisis Centre</b>	<b>01865 726 295 or 0800 783 6294</b>
<b>Childline</b> Free and confidential 24 – hour helpline <a href="http://www.childline.org.uk">www.childline.org.uk</a>	<b>0800 1111</b>	<b>Refuge</b> For women and children against domestic violence <a href="http://www.refuge.org.uk/">http://www.refuge.org.uk/</a>	<b>0808 2000 247</b>
<b>Chinese Mental Health Association</b>	<b>020 7613 1008</b>	<b>Police</b> <b>Emergency</b> <b>999</b> or <b>Non – Emergency</b> <b>101</b>	
<b>Cruse Bereavement Care</b> <a href="http://www.oxfordcruse.org.uk">www.oxfordcruse.org.uk</a>	<b>01865 245398</b>	<b>Safe</b> Support for young people affected by crime <a href="http://www.safeproject.org.uk">www.safeproject.org.uk</a>	<b>0800 133 7938</b>
<b>FRANK</b> Drugs A – Z <a href="http://www.talktofrank.com/">http://www.talktofrank.com/</a>	<b>0300 123 6600</b>	<b>Samaritans</b>  Provides confidential support if you are unhappy, frightened or depressed. <a href="http://www.samaritans.org">www.samaritans.org</a>	<b>(Oxford) - 01865 722 122</b> <b>(National) - 116 123</b>
<b>GU Medicine Clinic</b> Churchill Hospital, Headington, Oxford	<b>01865 231231</b>	<b>Saneline Emotional Support</b> <a href="http://www.sane.org.uk">http://www.sane.org.uk</a>	<b>0300 304 7000</b>
<b>Libra Project</b> Oxford Centre for confidential information And counselling on alcohol and drug use	<b>01865 723500</b>	<b>Survivors UK – Male Sexual Abuse Helpline</b>  <a href="http://www.survivors.org">www.survivors.org</a>	<b>0203 598 3898</b>
<b>Muslim Youth Helpline</b> <a href="http://www.myh.org.uk">www.myh.org.uk</a>	<b>0808 808 2008</b>	<b>Terrence Higgins Trust</b>  Confidential advice and support for anyone Worried about any aspect of HIV/AIDS <a href="https://www.tht.org.uk/get-help/support-services/tht-direct-helpline">https://www.tht.org.uk/get-help/support-services/tht-direct-helpline</a>	<b>(UK) - 0808 802 1221</b> <b>(Oxford) - 01865 243 389</b>