

# How to find a helpline

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## Introduction

Helplines are a useful resource for people who need advice.

This document collates the findings from a search for helplines. Please send improvements, additions and corrections to [peter.bates96@outlook.com](mailto:peter.bates96@outlook.com).

## National Helplines

- **101** non-emergency number for the Police.
- **112** Contact ambulance, coastguard, police or fire service in an emergency.
- **999** is the same as 112.
- [Beat](#) eating disorders helpline.
- [Calm helpline](#).
- [Childline](#) for people aged under 19.
- Community-led crisis team response system - [About Buoy](#).
- [Family Lives](#) helpline (formerly Parentline)
- [Female Genital Mutilation](#) helpline run by the NSPCC.
- [Hong Kong](#) helpline supporting mental health and wellbeing.
- [LGBT+](#) helpline for people experiencing abuse run by Galop
- [Modern Slavery helpline](#)
- [National Debtline](#)
- [National Domestic Abuse helpline](#)
- [NSPCC](#) helpline.
- [Papyrus](#) crisis service for young people to prevent suicide.
- [Respect](#) phonenumber for domestic abuse perpetrators.
- [Rights of Women](#) – helpline offering confidential legal advice to women.
- [Runaway](#) helpline.
- [Safeguarding Helpline](#) is run by Thirtyone:Eight.
- [Samaritans](#) - listening and tackling suicide together.
- [Saneline](#) - specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.
- [Shout](#) – text service for people in mental health crisis.
- [Teenage helpline](#).
- [Ukrainian Support](#) helpline run by Barnardo's.
- [Youngminds](#) parents helpline

## How this paper is being written

The investigation that generated this paper is unfunded and driven by simple curiosity.

Accountability is achieved by using the *How to write in public* framework<sup>1</sup>. I am grateful to the people<sup>2</sup> who have contributed to this evolving resource and those who have expressed an interest in doing so. Please send me your suggestions for further improvements.

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<sup>1</sup> Bates P (2024) [How-to-write-in-public.pdf \(peterbates.org.uk\)](https://peterbates.org.uk/wp-content/uploads/2025/03/How-to-write-in-public.pdf).

<sup>2</sup> Comments have been received with thanks from... nobody yet. All remaining errors and omissions are the sole responsibility of the author. The information is provided in good faith and so readers engage with the contents at their own risk and undertake not to hold the author liable for any injury, loss, or damage arising through reading or acting on its contents.