

Winkleigh Parish Council

Winkleigh Crisis! *

Information Sheet

Addiction:

Adfam: <https://adfam.org.uk/about-us/>;

Addiction [Addiction - what is it | what is it not | How to cope or help someone \(www.addictionhelper.com/addiction\)](http://www.addictionhelper.com/addiction);

Alcoholics Anonymous: <https://al-anonuk.org.uk/>, 0800 9177 650

Alcohol Change: <https://alcoholchange.org.uk/alcohol-facts/factsheets/a-guide-to-family-support-services>;

Drinkline: 0300 123 1110

Frank (drug Problems): 0300 123 6600

GamCare (gambling issues): 0808 8020 133

Adult Care:

Disabled Living helpline: 0300 999 0004

Family Lives (Parentline): 0808 800 2222

Child Care:

Child Care UK: <https://www.childcare.co.uk/>

Child Line: <https://www.childline.org.uk> 0800 1111

Runaway Help Line <https://www.runawayhelpline.org.uk> 116 000

NSPCC: www.nspcc.org.uk/helpline, email help@nspcc.org.uk 0808 800 5000

Citizen's Advice Bureau:

Devon CAB: <https://www.cabdevon.org.uk/>;

CAB: <https://www.citizensadvice.org.uk/> 03454 040 506

Debt:

Citizen's Advice: <https://www.devon.gov.uk/cost-of-living/>;

Moneyhelper: <https://www.moneyhelper.org.uk/en>; 0800 011 3797

National Debtline: 0808 808 4000

StepChange: 0800 138 1111

Domestic Violence:

Devon Domestic Abuse and Sexual Violence Service:

<https://new.devon.gov.uk/dsva/>; 0345 155 1074

National Domestic Violence Helpline: 0808 2000 247

Victim Support Line: <https://www.victimsupport.org.uk/help-and-support>;
0808 1689 111

Family Advice Hub – Devon

<https://service.actionforchildren.org.uk/devon-family-hubs/>
Devon Family Hubs Advice Line 0800 538 5458

Food Banks:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

Pharmacies:

Community Pharmacy Devon:

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy> NHS 111

<https://www.england.nhs.uk/south/info-professional/pharm-info/pharmacy-opening-hours/>

Homelessness:

Crisis: <https://www.crisis.org.uk/get-help/services/how-crisis-can-help-you/>

Shelter <https://england.shelter.org.uk/> 0808 800 4444

Older People:

Age UK: <https://www.ageuk.org.uk/> 0800 169 2081/6565

Silverline: <https://www.thesilverline.org.uk> 0800 4 70 80 90

Legal Advice:

Community Legal Advice: (providing free legal advice) 0345 345 4 345

LGBTQ+:

Cara-Friend Helpline: 028 9089 0202

LGBTQ+ Helpline: 0300 330 0630

Mental Health:

Devon partnership NHSTrust: 0808 1968 708

Devon Talkworks: <https://www.talkworks.dpt.nhs.uk/>; Self-Referral 0300 555 3344

Mental Health Matters: <https://www.mhm.org.uk/Pages/FAQs/Category/helpful-resources>

Mind: <https://www.mind.org.uk/> 0300 123 3393

National Health Talking Therapies and Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/>

Samaritans: 116 123

Text support services:

SHOUT: Text 'SHOUT' to 85258

Young Minds: Text 'YM' to 85258

Missing People:

Message Home Helpline: 116 000

Modern Slavery:

Modern Slavery Helpline: 0800 0121 700. Email:

modernslaveryhelpline@unseenuk.org; www.modernslaveryhelpline.org:

Police:

Non emergency: 101

PCSO: sandra.brown@devonandcornwall.pnn.police.uk,

Rape and Sexual Abuse:

Devon Domestic Abuse and Sexual Violence Service:

<https://new.devon.gov.uk/dsva/>; 0345 155 1074

Rape Crisis: 0808 802 9999

Rape and Sexual Abuse: <https://247sexualabusesupport.org.uk/>; 0808 500 2222

Warm Space:

alywarmspace@gmail.com; 07512766482

* These contact details are provided for your information. WPC neither endorses or recommends any particular group. We will do our best to provide up to date information and at the time of posting we believed the information to be accurate