

## 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 \(www.addictionhelper.com/addiction\)](https://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](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](http://www.nspcc.org.uk/helpline), email [help@nspcc.org.uk](mailto: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

## 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](mailto:modernslaveryhelpline@unseenuk.org); [www.modernslaveryhelpline.org](http://www.modernslaveryhelpline.org):

## **Police:**

Non emergency: 101

PCSO: [sandra.brown@devonandcornwall.pnn.police.uk](mailto: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](mailto: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