

INFORMATION, SUPPORT AND ADVICE

If you have been affected by any of the issues in Hurling Rubble, you can get friendly, confidential advice from the following organisations

North London Solace Women's Aid **0808 802 5565**

Free, confidential service for women and children aged 14+ fleeing domestic and sexual violence, whether they have reported the incident to the police or not.

<http://solacewomensaid.org/>

Domestic Violence Helpline **0808 2000 247**

If you need to talk to someone urgently or need in-depth support.

<http://www.nationaldomesticviolencehelpline.org.uk/>

Islington Victim Support **020 7272 0784**

Free support service, available to everyone, whether or not the crime has been reported and regardless of when it happened.

www.victimsupport.org.uk

Galop - LGBT anti-violence & abuse **020 7704 2040**

Give advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse.

<http://www.galop.org.uk/>

Families First - Islington Council **020 7527 4343**

Families First supports families with school-aged children up to 19 years old. We're here for you, in your community, when you need us.

<https://www.islington.gov.uk/familiesfirst>

Young Minds **0808 802 5544**

Free, confidential online and phone support to any adult worried about the emotional wellbeing of a child or young person up to age 25.

<http://www.youngminds.org.uk/>

Frank - National Drugs Helpline **0800 77 66 00**

Straight up, unbiased information and confidential and friendly advice about drugs.

www.talktofrank.com

Islington Mind **020 3301 9850**

Local mental health service with counselling, information and activities promoting recovery.

<http://www.islingtonmind.org.uk/>

Samaritans **08457 90 90 90**

Confidential support for people feeling distressed or suicidal.

<http://www.samaritans.org/>

Shelter **0808 800 4444**

Daily 8am-12 midnight. Advice if you have nowhere to stay tonight or are at risk of homelessness.

<http://www.shelter.org.uk/>