

Do you need help?

we can
help
you

talk...

If you need to talk

The Samaritans

www.samaritans.org
116 123

If you need help with benefits, housing and debt

Citizens Advice Bureau

www.citizensadvice.org
0808 278 7919

If you are abused at home or forced into a marriage

Women's Aid

www.womensaid.org.uk, or
www.nationaldahelpline.org.uk
0808 2000 247

If you need help with Domestic Abuse and homelessness (female)

The Haven
Wolverhampton

www.havenrefuge.org.uk
0800 194 400

If you need help with homelessness

P3 43 School Street,
Wolverhampton

www.p3charity.org
01902 296451

The Good Shepherd
Wolverhampton

www.gsmwolverhampton.org.uk
01902 399955

If you need help with victim support, or if you are vulnerable (male)

St George's Hub

www.st-georges-house.org.uk
01902 421904

If you were sexually abused as a child

Survivors in Transition

www.survivorsintransition.co.uk
07765 052 282

If you need mental health support

Mind

www.mind.org.uk
0300 123 3393

If you need help to put across your need for support

PoHWER

www.pohwer.net
0300 4562370

If you need help as an asylum seeker, refugee or EU migrant

Refugee & Migrant Centre

www.rmcentre.org.uk
01902 311554

If you or someone you know is being bullied

National Bullying Helpline

www.nationalbullyinghelpline.co.uk
0300 323 0169

If you or someone you know needs help with drink and/or drug addiction

Recovery Near You
(Wolverhampton Substance Misuse Service)

www.recoverynearyou.org.uk
0300 200 2400

If you or someone you know needs help with gambling addiction

Gamcare

www.gamecare.org.uk
0808 8020 123

If you need help with being a carer

Forward Carers

www.forwardcarers.org.uk
0333 006 9711

If you need help to cope when someone has died

Cruse

www.cruse.org.uk
0808 808 1677

If you need support with debt

National Debtline

www.nationaldebtline.org
0808 808 4000

If you need help with food supplies

<https://www.wolverhampton.gov.uk/benefits/social-security-benefits/food-banks-and-soup-kitchens>

help...