



*The below charity helplines are free to call from your mobile.*

<b>080880</b>	<b>08000686323</b>
<b>0808121</b>	<b>08000828282</b>
<b>0808188</b>	<b>08000856318</b>
<b>08001111</b>	<b>08000856528</b>
<b>0800121122</b>	<b>08000857075</b>
<b>0800220674</b>	<b>08000857102</b>
<b>0800282322</b>	<b>08000920410</b>
<b>0800400222</b>	<b>08000960095</b>
<b>0800400600</b>	<b>08000961011</b>
<b>0800441111</b>	<b>08000961233</b>
<b>0800555111</b>	<b>08001513513</b>
<b>0800828282</b>	<b>08001690096</b>
<b>0800882200</b>	<b>08001695198</b>
<b>0800884444</b>	<b>08001699891</b>
<b>0800887766</b>	<b>08003283036</b>
<b>0800991234</b>	<b>08003357233</b>
<b>0800992266</b>	<b>08003890271</b>
<b>0808200247</b>	<b>08005875986</b>
<b>08000121888</b>	<b>08005876716</b>
<b>08000224250</b>	<b>08006783682</b>
<b>08000304355</b>	<b>08006783717</b>
<b>08000327950</b>	<b>08007314811</b>
<b>08000327952</b>	<b>08007317898</b>
<b>08000328341</b>	<b>08007317936</b>
<b>08000328344</b>	<b>08007319091</b>
<b>08000328345</b>	<b>08007383773</b>
<b>08000328347</b>	<b>08007835233</b>
<b>08000328349</b>	<b>08009174161</b>
<b>08000328350</b>	<b>08009174163</b>
<b>08000328352</b>	<b>08009174164</b>
<b>08000328355</b>	<b>08009178077</b>
<b>08000328356</b>	<b>08081002658</b>
<b>08000328360</b>	<b>08081006165</b>
<b>08000328366</b>	<b>08081214727</b>
<b>08000328369</b>	
<b>08000556688</b>	
<b>08000560146</b>	
<b>08000560154</b>	
<b>08000560944</b>	
<b>08000561864</b>	