

Sources of Support

1. The Care Leavers' Association – info@careleavers.com

Provides advice to care leavers and directs them to services that can help. They help young people still in care, or who have just left care, who want to know about their entitlements or to get advice on certain issues, such as housing, education and employment. They also offer advice and support to older care leavers, on issues such as access to records, abuse in care and criminal justice.

2. The Rees Foundation – 0330 094 5645 (Mon-Fri 9am-5pm)

The Rees Foundation extends to care leavers some of the support, encouragement and financial assistance that others take for granted.

3. Cruse Bereavement Care – 0808 808 1677 (Mon and Fri 9am-5pm, Tues to Thurs 9am-8pm)

Cruse provides a phone number for people suffering from grief. They provide emotional support for the bereaved and practical information for issues surrounding the death of a loved one.

4. Nacro-Resettlement Advice Service – 0300 123 1999 (Mon-Thurs 9am-5pm Friday 1pm-5pm)

Practical advice for people with criminal records.

5. NAPAC (National Association for People Abused in Childhood) – 0808 801 0331 (Mon, Wed and Fri 10am-4pm, Tue and Thurs 2pm-9pm)

Support service for adult survivors of childhood abuse.

6. National Domestic Violence Helpline - 0808 200 0247 (24 hours a day)

Operated in partnership with Refuge and Women's aid, this is a free, 24hr telephone line that provides confidential support and advice to victims of domestic abuse and violence.

7. Childline – call 0800 1111 (9am – Midnight 7 days a week)

Free, confidential helpline for children to receive advice and support for all issues.

8. Coram Voice (England only) – call 0808 800 5792 (Mon-Fri 9.30am-6pm, Sat 10am-4pm)

Free, confidential helpline for advice and support children in care and care leavers. If you want to speak to someone outside these times and your call is urgent, phone and leave a message and someone will phone you back (usually within 24 hours). You can also contact Coram Voice via text or WhatsApp message on 07758 670369.

9. Meic (Wales only) – call 080880 23456 (8am – midnight 7 days a week)

Meic is the helpline service for children and young people up to the age of 25 in Wales. It can give information about services in your area, useful advice and support. Meic also has a free, confidential online chat service: <https://www.meiccymru.org/get-help/>

10. Samaritans – Freephone 116 123 (UK)

Available 24 hours a day to provide confidential support for people in emotional distress.

11. Talk To Frank – 0300 123 6600

Also known as the National Drugs helpline, their telephone service is open 24 hours a day and provides information about drugs and drug abuse, and the help available to users and their families.

12. Victim Supportline – 0808 16 89 111

Free support line for people to talk about their experience of crime anonymously and in confidence. Their telephone service is available 24 hours a day.

13. Women in Prison – 0800 953 0125

Provides support, advice and counselling in prison, on the day of release, and in the community.