



# Green for Go, Go for Help!

**EMERGENCY! Ambulance, Fire, Police 999**

**Refugee Council**  
0207 346 6770  
[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

**Samaritans Tel: 116123**  
need to talk?

**Bereavement Cruse**  
0808 808 1677

**Crimestoppers** 0800 555 111  
[www.crimestoppers-uk.org/](http://www.crimestoppers-uk.org/)

**Rape Crisis**  
0808 802 9999  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**Child Line**  
**0800 11 11**

**Shout**  
for Support in a Crisis  
Text Shout to 85258

**FamilyLives.org.uk**  
0808 800 2222  
Parenting advice

**Mind.org.uk** Information about mental health

**Homelessness**  
StreetLink  
0300 500 0914  
Shelter 0808 800 444

**Domestic Abuse 24hr**  
0808 2000 247  
Text 07970350366

**Non-emergency**  
**111 for NHS**  
**101 for Police**  
24 hours every day

**Carers Support**  
West Sussex 0300 028 8888  
Surrey 0303 040 1234  
SMS 07714 075993  
East Sussex 01323 738390  
text 07860 077300.

**Debt**  
Christians against Poverty  
01274760720  
National Debtline  
08088084000  
[www.nationaldebtline.org](http://www.nationaldebtline.org)

**Mental Health Crisis Line**  
Sussex 0300 5000 101  
Textphone 0300 5000 101  
Surrey 0800 915 4644  
Text: 07717 989024  
Textphone 18001 0800 915 4644

**Modern Slavery**  
08000 121 700  
[www.modernslaveryhelpline.org](http://www.modernslaveryhelpline.org)

**Drug & Alcohol**  
Surrey 0300 222 5932  
West Sussex 0300 303 8677  
East Sussex 0300 3038 160

**Relationship Counselling**  
[www.relate.org.uk/](http://www.relate.org.uk/)

**Life-Pregnancy Matters**  
[lifecharity.org.uk](http://lifecharity.org.uk)  
0808 802 5433  
07860077339 Text support

**Victim Support**  
**0808 168 9111**  
[www.victimsupport.org](http://www.victimsupport.org)

This poster is brought to you by

The Ecumenical Mental Health Project in Surrey and Sussex.

