

The Helpline Directory

Here at Abbeydale we understand life can be stressful, and while our door is always open, we understand you may want to talk to someone independent. Below are some numbers and websites you may find useful:

Vetlife Free advice and support service for veterinary Staff and students (anxiety, exam worries, employment issues)	0303 0402551	www.vetlife.org anonymous email https://helpline.vetlife.org.uk
Exam stress	0300 1233393	www.mind.org.uk
Anxiety	08444 775774	www.anxietyuk.org.uk
BVNA legal helpline (members only)	01279 408644	
Beat (eating disorders)	0845 6341414	www.b-eat.co.uk www.eating-disorders.org.uk
Relate (relationship advice)	0300 1001234	www.relate.org.uk
Depression alliance		www.depressionalliance.org
Samaritans	08457 90 90 90	www.samaritans.org.uk
NHS helpline	111	www.nhs.uk
Relationships, Action for children. A children's charity that has a website to support and inform children whose parents are splitting up		www.itsnotyourfault.org
Bullying UK, gives advice and information on bullying	0808 800 2222	www.bullying.co.uk
Sexual Healthcare, provides free and confidential sexual health advice and information to anyone concerned about HIV and AIDS	0800 567 123	
Frank, provides free and confidential advice and help to anyone effected by drugs	0300 123 6600 Text 82111	www.talktofrank.com
Live Fear Free, Providing help and advice about violence against women, domestic abuse and sexual violence	0808 80 10 800	www.gov.wales/live-fear-free
National debt helpline	0808 808 4000	www.nationaldebtline.org web chat available
Hope House Sexual Assault Referral Centre (SARC) provides people who have experienced rape or sexual assault with medical care and counselling in a secure, caring and confidential environment.	0300 421 8400	www.hopehouse.nhs.uk email: hopehousesarc@glos-care.nhs.uk
Alcoholics anonymous national helpline	0800 917 7650	
Local police information	101	