



SOUTHEAST AND  
EAST ASIAN CENTRE

# Help for Individuals

If you are worried about yourself or a loved one we made a list of resources and helplines you may find useful.



# Mental Health

## MIND

Helpline: **0300 123 3393** (local charges apply, 9 am-6 pm, Monday to Friday)

## SAMARITANS

Helpline: **116 123** (free, 24 hours every day)

## SANE

Helpline: **0300 304 7000** (free, 4.30 pm - 10.30 pm, every day)

## BEAT EATING DISORDERS

Helpline: **0808 801 0677** (free, 9am - 8pm Monday to Friday, 4pm - 8pm on weekends and bank holidays)

## HELP FOR FRONTLINE WORKERS

Visit <https://www.mentalhealthatwork.org.uk/ourfrontline/> or text **FRONTLINE** to **85258** any time.  
To talk by phone for free, call **0800 069 6222** from 7am to 11pm if you're in England,  
or call **116 123** any time if you're elsewhere in the UK.

## SUPPORT FOR PEOPLE OF COLOUR

The Black, African and Asian Therapy Network (BAATN) have tried to collate a list of free mental health services for people of colour across the UK which can be found at <https://www.baatn.org.uk/>  
They also have a useful online directory for those looking for private therapy.

## PREGNANCY LOSS SUPPORT

Antenatal results and choices (ARC) helpline: Call **0845 077 2290** or **0207 713 7486** from a mobile.  
(Monday - Friday, 10am - 5.30pm).

## SUPPORTING YOUNG PEOPLE WITH THEIR MENTAL HEALTH

Young Minds run a helpline for parents who are worried about their child's mental health.  
Helpline: **0808 802 5544** (free, 9.30am - 4pm, Monday to Friday).



# Domestic Abuse and Sexual Violence



If you are experiencing abuse and are in immediate danger, please call 999

## NATIONAL DOMESTIC ABUSE HELPLINE

Helpline: 0808 2000 247 (free, 24 hours every day)

## RAPE CRISIS

Helpline: 0808 802 9999 (Freephone, open 12 pm-2.30 pm and 7 pm-9.30 pm every day)

## SOUTHALL BLACK SISTERS

Support for black (Asian and African-Caribbean) and minority ethnic women suffering from abuse and violence Helpline: 0208 571 0800 (open Monday, Wednesday, Friday 9:30 am – 4:30 pm)

## SURVIVING ECONOMIC ABUSE

Resources and advice can be found here: <https://survivingeconomicabuse.org/i-need-help/>



For more information about Help for Individuals visit:  
<https://www.fawcettsociety.org.uk/help-for-individuals>



# Help for Individuals

*If you are worried about yourself or a loved one we made a list of resources and helplines you may find useful.*

## Legal and Rights

### ACAS

Help & advice for employers and employees. Helpline: [0300 123 1100](tel:03001231100) (local charges apply, open 9.30 am - 6.00 pm, Monday to Friday)

### MATERNITY ACTION

Advice on pregnancy discrimination and maternity benefits.  
Helplines: [0808 802 0057](tel:08088020057) (London) [0808 802 0029](tel:08088020029) (National except London)

### CITIZEN'S ADVICE

Helplines: [03444 111 444](tel:03444111444) (England Only, local charges apply)  
[03444 77 20 20](tel:03444772020) (Wales, local charges apply)

### EQUALITY ADVISORY SUPPORT SERVICE

The Helpline advises and assists individuals on issues relating to equality and human rights, across England, Scotland and Wales.  
Helplines: [0808 800 0082](tel:08088000082) (Opening hours: Monday - Friday : 9 am - 7 pm, Saturday: 10 am - 2 pm)

# Legal and Rights

## RIGHTS OF WOMEN

Advice on family, criminal and immigration and asylum law and sexual harassment at work.

*Family Law* : 020 7251 6577 (local charges apply, 7 pm - 9 pm, Tuesday to Thursday, 12 pm - 2 pm Friday)

*Criminal Law* : 020 7251 8887 (7pm - 9pm, Tuesday only)

*Immigration and Asylum Law* : 020 7490 7689 (local charges apply, 11am - 1pm and 2pm - 4pm on Tuesdays and Wednesdays)

*Sexual harassment at work* : 020 7490 0152 (local charges apply, 3pm - 5pm and 6 - 8pm, Monday, Tuesday and Wednesday)

## KALAYAAN

Immigration and basic employment advice for migrant domestic workers

Helpline: 020 7243 2942 (Free)

## MUSLIM WOMEN'S NETWORK

Helpline : 0800 999 5786 (Free, open 1000 am - 400 pm, Monday to Friday)

## WOMEN FOR REFUGEE WOMEN

Provides support for women seeking asylum in the UK.

Email: admin@refugeewomen.co.uk

## GINGERBREAD

Provides expert advice, practical support and campaigns for single parents.

Helpline: 0808 802 0925 (free, 10.00 am - 6.00 pm Monday, 10.00 am - 4.00 pm

Tuesday/Thursday/Friday, 10.00 am - 1.00 pm and 5.00 pm - 7.00 pm Wednesday)



# FGM



If you are concerned a girl is in immediate danger of undergoing FGM, call the police on 999. You should contact the Foreign Commonwealth Office if she has already been taken abroad on 020 7008 1500.

## NSPCC FGM HELPLINE

A free helpline for anyone who thinks they may be at risk of FGM, or know a child who might be. Helpline : 0800 028 3550 (free, 24 hours every day)

## DAUGHTERS OF EVE

Text Contact Number : 07983030488 (text only, mobile charges apply)

# Hate Crimes and Religious Attacks

## TELL MAMA

Supports victims of anti-Muslim hate and is a public service which also measures and monitors anti-Muslim incidents.

Helplines: 0800 456 1226  
0115 707 0007 (SMS)  
0734 184 6086 (WhatsApp)



# Homelessness and Housing

## CRISIS

Visit the Crisis website: [ <https://www.crisis.org.uk/> ] to find the number for your local area.

## SHELTER

Provides advice on housing. Helplines: **0808 800 4444** (free, open 8 am – 8 pm on weekdays and 8 am – 5 pm on weekends)

# Drugs and Alcohol

## ADDACTION

Support and advice for people who are experiencing problems related to their own or someone else's drug or alcohol use or who are experiencing mental health difficulties.

Service finder : <https://www.addaction.org.uk/services>

## TALK TO FRANK

Helpline : **0300 123 6600** or text **82111** (local charges apply, 24 hours every day)

# Child Abuse

## CHILDLINE

Helpline: **0800 1111** You can also speak to Childline using Sign Language, and can visit their message boards here:

<https://www.childline.org.uk/get-support/message-boards/>

## NSPCC

If you think a child is in immediate danger, call: **0808 800 5000**, or call the police on **999**. Find out more about reporting abuse here:

<https://www.nspcc.org.uk/support-us/report-abuse>

