

A-Z of Helplines/Support

If you or anyone you know is experiencing distress or difficulty, the people at the other end of these phone lines will be more than happy to talk to you. All calls are strictly confidential.

Organisation	Tel number and service opening times	Service and referral pathway
Asian Advice Helpline	01302 340063 Tuesday (10am – 12pm) Thursday (1pm – 3pm)	
Brook Advisory Centres	Text 07717989023	Advice and counselling on emotional and/or sexual problems. UK based. Standard SMS charges apply.
CAMHS	Tel 01302 304070	Duty team 9am – 5pm for advice on making a referral (paper referral in pack)
Changing Lives	Tel 01302 309800	Specialist Women’s service centre
Childline	0800 1111	National helpline for children and young people in trouble or danger. Open 24 hours a day every day to help with any child related problem.
Citizen’s Advice Bureau	01302 846145 (Stainforth) 01405 740550 (Thorne) 01709 572402 (Mexborough)	The Citizen’s Advice service offers practical, up to date information and advice on a wide range of topics. Topics may include; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and many others.
Cruse Bereavement Care	0844 4779400	Support and help to anyone who has suffered the loss of a friend or relative. (Young Persons counsellor Mon-Wed (9 – 7pm)
Cry-sis Helpline	08451 228 669	Support for families with excessively crying, sleepless and demanding babies and young

		children. 9am – 10am
DACS	Gemma Bourne () 01302 862665 07825732369 Steve Keegan (South/ West) 01302 552844 Rebecca Cope () 01302 735944 07771973092	
DASP	01302 217777	Debt/ money issues Housing Benefits Employment law
Doncaster Drug and Alcohol Services	01302 730956	
Doncaster Rape & Sexual Counselling Centre	01302 328555 – Helpline 01302 360421 – Counselling	Referrals taken by phone
DRI	01302 553111	A and E services
Doncaster Women's Aid	01302 326411	The Advice Line acts as an immediate point of contact for women who are distressed and possibly need refuge accommodation, or who are living with domestic violence and need emotional support and an opportunity to discuss what is available for them, so they can make informed decisions about their life. Week days 9am – 5pm Various programmes to support women and children affected by domestic abuse
Doncaster 8-8 Health Centre (The Flying Scotsman Centre)	01302 645544	
Drugs National Helpline – Frank	0300 123 6600	
Flying Scotsman	01302 645544	
Foundation for Change	01302 323159	Perpetrator programme
Green Gables	01709 589168	Freedom Programme Housing Floating support
Housing	01302 341628 (Emergency – out	

	of hours) 01302 736000 – Doncaster Council	
IDVA	01302 737080	
Job Centre Plus	0845 6043 719	
London Lesbian & Gay Helpline	0300 330 0630	
Mental health crisis team	01302 798400	
MIND	01302 812190	
Message Home	0500 700740	A confidential helpline for those who have left home or have run away and want to send a message home or to just get help and advice.
M25 Housing and Support Group	01302 361777	To prevent homelessness and relieve, support and assist homeless people in the Doncaster Area.
National Centre for Domestic Violence	08009702070	
National Domestic Violence Helpline	0808 2000 247	24/7 Freephone
Respect	02075490578	Support for perpetrators
Riverside	01302 309800	Refuge Floating Support Children's Worker
Roger Middleton	01302 849088	Children's Counsellor
RSPCA	0300 1234 999	
Samaritans	01302 327474	24 hour emergency service for the suicidal and despairing 36 Thorne Road, Doncaster DN1 2EZ
Sexual Assault Referral Centre	01709 427327	
Shelter Line	0808 8004444	Monday – Friday: 8am – 8pm Saturday – Sunday: 8am – 5pm
Social Services Emergency Team	01302 796000	
South Yorkshire Police	01302 385666 Emergencies: 999 South Yorkshire Police: 101	

	Crime Stoppers: 0800 555 111	
www.ncdv.org.uk		Free fast injunction service On line easy referral