

## 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	<a href="http://www.vetlife.org">www.vetlife.org</a>  anonymous email <a href="https://helpline.vetlife.org.uk">https://helpline.vetlife.org.uk</a>
Exam stress	0300 1233393	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
Anxiety	08444 775774	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
BVNA legal helpline (members only)	01279 408644	
Beat (eating disorders)	0845 6341414	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> <a href="http://www.eating-disorders.org.uk">www.eating-disorders.org.uk</a>
Relate (relationship advice)	0300 1001234	<a href="http://www.relate.org.uk">www.relate.org.uk</a>
Depression alliance		<a href="http://www.depressionalliance.org">www.depressionalliance.org</a>
Samaritans	08457 90 90 90	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
NHS choices		<a href="http://www.nhs.uk">www.nhs.uk</a>
Relationships, Action for children. A children's charity that has a website to support and inform children whose parents are splitting up		<a href="http://www.itsnotyourfault.org">www.itsnotyourfault.org</a>
Bullying UK, gives advice and information on bullying	0808 800 2222	<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
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	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
Herefordshire Rape and Sexual Abuse Support Centre (HRSASC)	01432 344777	office@wmrsasc.org.uk Web: <a href="http://www.hrsasc.org.uk">www.hrsasc.org.uk</a>
National debt helpline	0808 808 4000	
Sexual health helpline	0300 123 7123	
Alcoholics anonymous national helpline	0800 917 7650	
Local police information	111	