



## Finding help.... when life hurts



<b>Catholic Organisations</b>				
<b>Marriage Care National Helpline</b> 0845 660 6000 (Lines open Mon-Fri 10 am-4pm. Calls charged at local rate)		<b>Association of Separated &amp; Divorced Catholics</b> <b>National Enquiry Line: 020 8767 5293</b>		
<b>Catholic Association for Racial Justice</b> Tel: 020 8802 8080		<b>Catholic Deaf Association</b> Voice & minicom 0161 834 8828 Textphone 18002 0161 835 1767		
<b>Catholic Office for the Protection of Children and Vulnerable Adults (COPCA)</b> Tel: 0121 233 1963 Fax: 0121 236 3379				
<b>Caritas-Social Action</b> Tel: 020 7901 4875 Fax: 020 7901 4874	<b>St Vincent de Paul Society</b> Tel: 020 7407 4644		<b>Catholic Handicapped Fellowship</b> Tel: 0151 632 4891	
<b>Fertility UK</b> Natural family planning & access to local teaching services <a href="http://www.fertilityuk.org">www.fertilityuk.org</a>	<b>Association of Interchurch Families</b> Tel: 020 7654 7251 Fax: 020 7654 7222		<b>Catholics for Aids Prevention &amp; Support</b> Tel: 020 8986 0807	
<b>Other useful sources of support and advice</b>				
Age Concern Tel: 0800 009966	Al-Anon Family Groups Helpline Tel: 020 7403 0888	Childline Bullying Helpline Tel: 0800 44 1111	Childline Tel: 0800 1111	Citizens Advice Bureau – see your local telephone directory
Compassionate Friends Helpline – for bereaved parents Tel: 08451 232304	Cruse Helpline Tel: 0870 167 1677	National Debtline Tel: 0808 808 4000	National Domestic Violence Helpline Tel: 0808 2000 247	Drugs Helpline Tel: 0800 776600
Family Mediation Helpline 0845 60 26 627	Gamblers Anonymous Helpline Tel: 08700 50 88 80	Gingerbread Advice Line Tel: 0800 018 4318	Law for All Advice Line Tel: 020 8600 3100	Life National Caring Hotline Tel: 0800 915 4600
National Missing Persons Helpline Tel: 0500 700 700	Migrant Advisory & Advocacy Service Tel: 020 8571 7950	Parentline Plus Tel: 0808 800 2222 Textphone: 0800 783 6783	Prisoners' Families Helpline Tel: 0808 808 2003	Rainbows (for children affected by loss) Resource Centre Tel 01582 724106
Respond: helpline for children and vulnerable adults experiencing abuse Tel: 0808 808 0700	Samaritans Tel: 08457 909090	SANDS (for those affected by stillbirths & neonatal deaths) Tel: 020 743 65881	Saneline Tel: 0845 767 8000	YoungMinds Parents' Information Service Tel: 0800 018 2138

Remember that not all helplines are manned 24 hours. Often you will get a busy signal. In emergencies call the Samaritans. (Inclusion in this list does not imply approval by the Bishops' Conference of England and Wales.)