

Childline  
www.childline.org.uk

0800 1111

Free 24hr helplines for  
children and young people

NSPCC

0808 800 5000

Samaritans

08457 909090 24hrs

Emotional support for  
anyone in crisis

(Low cost)

Email: [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

Children's Information Service

[www.wolvescis.com](http://www.wolvescis.com)

W D V F

Wolverhampton  
Domestic Violence Forum

Building Safe Relationships

[www.wdvwf.org.uk](http://www.wdvwf.org.uk)

Keep this card safe by placing it  
in your purse/wallet.

Help & Support ?

If you would like to talk to someone in confidence, the following organisations will listen and try to help. You can talk and ask questions, and find out more information to help you make decisions.

**In an emergency always dial 999**

**Base 25**  
Help and information for  
young people

0800 073 0233

FREE

2pm – 6pm  
Mon, Tues, Thurs  
2pm – 9pm Weds  
2pm – 5pm Fri

**TextTalk**

07800 002222

Instant information, support and  
advice at the push of a button

9am – 6pm  
Mon – Fri

**Young Person's Police Officer**  
**Teenage Pregnancy Unit**

0845 1135000

24hrs

01902 445330

9am – 5pm  
Mon – Fri

**Sanctuary Project Helpline**  
(Low Hill)

0800 0725171

Answerphone 24hrs

FREE

**The National  
Domestic Violence Helpline**

0808 2000247

24hrs

**The Haven**

01902 713001

24hrs

Victims of domestic violence  
and homelessness  
[www.havenrefuge.org.uk](http://www.havenrefuge.org.uk)

**AWAAZ**

01902 571260

10am–4pm  
Mon–Fri

Asian Womens  
Adhikar Association

**Victim Support**

01902 572500

9am–5pm  
Mon–Fri

Information and support  
for victims of crime  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**Victim Support  
Young Victims Project**

0800 4583319

FREE