

# Sources of support for you

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

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## Family life

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | [askus@familylives.org.uk](mailto:askus@familylives.org.uk) | [familylives.org.uk](http://familylives.org.uk)

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## Mental health

### For you:

Samaritans (free) | 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org) | [samaritans.org](http://samaritans.org)

Mind (calls charged at local and network rates) | 0300 123 3393 | [info@mind.org.uk](mailto:info@mind.org.uk) | [mind.org.uk](http://mind.org.uk)

### If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

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## Domestic abuse

National Domestic Abuse Helpline (free) | 0808 2000 247 | [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)

Men's Advice Line (free) | 0808 8010 327 | [mensadviceline.org.uk](http://mensadviceline.org.uk)

Galop (free, LGBT+) | 0800 999 5428 | [galop.org.uk](http://galop.org.uk)

FortAlice 43 Bradford St, Haulgh, Bolton BL2 1HT [Fortalice - Domestic Abuse Charity North West - 01204 365677](http://Fortalice - Domestic Abuse Charity North West - 01204 365677)

Endeavor Project - 340 Chorley Old Rd, Bolton BL1 4JU 01204 394842 [Domestic Abuse and Violence Support Services - Endeavour \(endeavourproject.org.uk\)](http://Domestic Abuse and Violence Support Services - Endeavour (endeavourproject.org.uk))

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## Alcohol, drugs and gambling

Drinkline (free) | 0300 123 1110

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | [bit.ly/2NoQx7T](http://bit.ly/2NoQx7T)

Frank (for support around drugs and alcohol. Calls charged at local and network rates) | 0300 123 6600 | [talktofrank.com](http://talktofrank.com)

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | [gamcare.org.uk](http://gamcare.org.uk)

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: [adfam.org.uk](http://adfam.org.uk)

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## Food

Urban Outreach - Environ House, Salop St, Bolton BL2 1DZ [01204 385848](tel:01204385848)

Bolton NICE - The charity shop, 38 Moor Ln, Bolton BL1 4TH [07900 535403](tel:07900535403)

Crescent Food Bank - Prospect St, Bolton BL1 3QH [03337726299](tel:03337726299)

The Trussell Food Bank - Trafford St, Farnworth, Bolton BL4 7PQ [01204 861671](tel:01204861671)