



The **Wellness** Centre

Emergency Support Numbers



**FREE SUPPORT NUMBERS
RESOURCES**

FEEL FREE TO SHARE



CROYDON **BME** FORUM

TALK TO US

**OFF
THE RECORD**

Croydon BME Forum
56a Mitcham Road, Croydon

www.cbmeforum.org

020 8684 3719

@cbmeforum croydonbmeforum CroydonBMEForum

For latest help and advice.

Off The Record Youth Counselling Charity

72 Queens Road, Croydon, CR0 2PR

0208 251 0251

National Domestic Violence Abuse Helpline

0808 200 0247

www.nationaldahelpline.org.uk

Victim Support Supporting victims of Crime

0808 168 9291

www.victimsupport.org.uk/more-us/contact-us

MIND Helpline

0300 123 3393

www.mind.org.uk/

Mental Health Crisis Helpline

0800 915 4644

South London and Maudsley – 24 hour

0800 731 2864

Samaritans

116 123

email -jo@samaritans.org

Papyrus

Hopeline UK

www.papyrus-uk.org/

Galop London LGBT Advice Line -

0207 704 2040

www.galop.org.uk

National LGBT Domestic Abuse line –

0800 999 5428

www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/

RASASC Rape and Sexual abuse Centre
0808 802 999
<https://www.rasasc.org/>

FGM Helpline (run by NSPCC) -
0800 028 3660

Suzy Lamplugh Trust –National Stalking Helpline –
0800 802 0300
www.suzylamplugh.org/

NSPCC Helpline
0808 800 5000
www.nspcc.org.uk/

Childline
0800 1111
www.childline.org.uk/

The Silver Line
0800 470 8090
A free confidential helpline providing information,
friendship and advice to older people, open 24 hours a day,
every day of the year
www.thesilverline.org.uk/

Call in Time
A free telephone friendship service for people 60 and over.
You will need to sign up via website
www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/

Shelter
0300 330 1234
Information on any housing issues. Homelessness,
evictions, repairs.

CALM - Emotional support for Suicidal Men
0808 802 5869
www.thecalmzone.net

NAPAC
0808 801 0331
Crime stoppers
0800 555 111

111 –NHS
999 – Emergency services (Police, Fire , Ambulance)
101- Non emergency crimes

Financial Help and Advice for the Self Employed

Self Employment & Universal Credit

<https://www.gov.uk/self-employment-and-universal-credit>

Employment & Support Allowance

<https://www.gov.uk/employment-support-allowance>

Covid-19 Small Business Government Grant

<https://smallbusiness.co.uk/how-do-i-get-the-government-3000-coronavirus-grant-2549866/>

Coronavirus Business Interruption Loan

<https://smallbusiness.co.uk/how-do-i-apply-for-a-coronavirus-business-interruption-loan-2549863/>

Citizen's Advice

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/>

Emergency Funding

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

FEEL FREE TO SHARE

If you know of or have any more links that should be added to this resource please email info@bmeforum.org or What's App on 07957 349 004.

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“Individually we are one drop,
together we are an ocean.”
Ryunosuke Satoro

