

Where to get advice and support

- List of [useful contact numbers](#)
- Samaritans 116 123
- NHS Direct 111

- Best Start Pregnancy and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Best Start Services:
<https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

- Children and Families Newcastle

Help and support for children aged 0-19 <https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0>

- Information Now <https://www.informationnow.org.uk/>

Online information about services for people who live in Newcastle

- Action for Children <https://www.actionforchildren.org.uk/>
- Barnardos <https://www.barnardos.org.uk/>
- Children North East <https://www.children-ne.org.uk/>
- Free and Emergency Food <https://www.informationnow.org.uk/article/food-banks-in-newcastle/>
- Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>
- Search Services for over 50's <http://www.searchnewcastle.org.uk/>
- Riverside Community Health Project <http://www.riversidechp.co.uk/>
- Citizens Advice Bureau (CAB) <http://www.citizensadvice-newcastle.org.uk/>

Energy Advice:

- Ofgem <https://www.ofgem.gov.uk/information-consumers/energy-advice-households>
- Energy Savings Trust <https://energysavingtrust.org.uk/energy-at-home/>
- Newcastle City Council <https://www.newcastle.gov.uk/services/environment-and-waste/energy-advice>
- CAB <http://www.citizensadvice-newcastle.org.uk/services/energy-advice>
- Government Green Deal <https://www.gov.uk/green-deal-energy-saving-measures>



Useful telephone helplines

National Support Lines

FOR WOMEN experiencing domestic violence and abuse Call the National Domestic Abuse Helpline (Freephone, 24/7)

0808 2000 247

FOR MEN experiencing domestic violence and abuse England, Call the Men's Advice line (freephone, Monday-Friday: 9am-8pm)

0808 801 0327

Other helplines

Freephone 24-Hour National Domestic Violence Helpline	0808 200 0247
Men's Advice Line	0808 801 0327
National Lesbian, Gay, Bisexual and Trans* (LGBT) Domestic Violence Helpline	0300 999 5428
England and Wales Rape Crisis helpline	0808 802 9999
The Dash Charity Helpline	01753 549865
ManKind Initiative	01823 334244
SurvivorsUK – Support for Male Rape and Sexual Abuse	020 3598 3898
National Stalking Helpline	0808 802 0300
Karma Nirvana (Honour based abuse)	0800 5999 247
Paladin National Stalking Advocacy Service	0203 866 4107
National NSPCC FGM Helpline	0800 028 3550
Finding Legal Options for Women Survivors (FLOWS)	0203 745 7707
Revenge Porn Helpline	0345 6000 459
The National Centre for Domestic Violence (NCDV)	0844 8044 999
The Survivors Trust	0808 801 0818
Safeline – The National Male Helpline for males.	0808 800 5005
Safeline – Young People	01926 402 498
Stop it Now! Child sexual abuse prevention Helpline	0808 1000 900
NSPCC Helpline	0808 800 5000
Childline	0800 1111

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- NHS Direct 111