

Useful Contacts Advice & Support Services

To access local NHS healthcare services ring 111 NSPCC - Childline NSPCC - Childline NSB 800 5000 www.nspcc.org.uk Mental Health Cornwall and Isles of Scilly 24/7 NHS mental health response line on 800 038 5300. Drug or Alcohol Misuse - We Are With You Free confidential support with alcohol, drugs or mental health locally or online 01872 263001 www.wearewithyou.org Young Minds Fighting for Young People's Mental Health www.youngminds.org.uk Tirst Light - Safer Futures Cornwall Domestic Abuse and Sexual Violence Helpline 0300 777 4777 www.firstlight.org.uk Domestic Abuse Helpline for Men Support and advice for male victims O808 8010327 www.mensadviceline.org.uk St Petroc's Homeless Shelter O1872 264153 www.shelter.org.uk Truro Foodbank - The Trussell Trust O7721 711669 www.truro-foodbank.org.uk The Samaritans For whatever you're going through 116 1020 www.missingpeople.org.uk MARU 0300 123 1116 Citizens Advice 0808 223 1133 www.citizensadvice.org.uk MIND Information and support on Mental Health issues 0300 123 3393 www.mind.org.uk Alcoholics Anonymous 0809 917 7650 www.alcoholics-anonymous.org.uk 72UP Drug and Alcohol service support in Cornwall for Young People 01872 300816 The Women's Centre Cornwall Support for women and girls impacted by domestic or sexual abuse 01208 767099 www.womenscentrecornwall.org.uk MRND Information and support on Mental Health issues 0300 123 3393 www.mind.org.uk 72UP Drug and Alcohol service support in Cornwall for Young People 01872 300816 The Women's Centre Cornwall Support for women and girls impacted by domestic or sexual abuse 01208 767099 www.womenscentrecornwall.org.uk Stepetink Connecting people sleeping rough to local services www.streetlink.org.uk StreetLink Connecting people sleeping rough to local services www.streetlink.org.uk Truro Foodbank - The Trussell Trust 07721 711669 www.truro-foodbank.org.uk Truro Foodbank - The Trussell Trust 07721 711669 www.truro-foodbank.org.uk Stop it Now! Helping prevent child sexual abuse 0808 800 000 www.nationaldeb	NHS 111 Service	Social Care
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0300 330 1234 www.shelter.org.uk Truro Foodbank - The Trussell Trust 07721 711669 www.truro.foodbank.org.uk The Samaritans For whatever you're going through 116 123 www.samaritans.org The Money Advice Service 0800 138 7777 www.moneyhelper.org.uk Missing People 0300 636 1967 www.crisis.org.uk Help with Food - Cornwall Council 0300 1234 100 ww.letstalk.cornwall.gov.uk Helping prevent child sexual abuse 0808 1000 900 www.stopitnow.org.uk National Debtline 0808 808 4000 www.nationaldebtline.org	Shelter	Crisis
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Missing People GamCare - Gambling Support	The Money Advice Service	National Debtline
	0800 138 7777 www.moneyhelper.org.uk	0808 808 4000 www.nationaldebtline.org
116 000 www.missingpeople.org.uk 0808 8020 133 www.gamcare.org.uk	Missing People	GamCare - Gambling Support
	116 000 www.missingpeople.org.uk	0808 8020 133 www.gamcare.org.uk

Call 999 in an emergency, or call Police on 101 for nonemergencies.