

Telephone Helpline Association	Telephone Numbers	Displayed on Bill
AbilityNet	0800 269 545	
Action for Blind People	0800 915 4666	
Action MS Careline	0800 028 8833	
Action on Elder Abuse	0808 801 0310	
Action on Elder Abuse - Elder Abuse Response	0808 808 8141	
Advisory Centre for Education Exclusion Advice Line	0808 800 0327	
Advisory Centre for Education General Advice Line	0808 800 5793	
Advisory Centre for Education Referral Line	0808 800 0008	
After Adoption Actionline	0800 056 8578	
After Adoption TALKadoption	0808 808 1234	
Age ConcernDevon Befriending and Care Line	0808 801 0313	
Age Concern Information Line	0800 009 966	
Alzheimer Scotland - Dementia Helpline	0808 808 3000	
Amina Muslim Women's Helpline	0808 801 0301	
Arthritis Care	0808 800 4050	
Arthritis Care Source Helpline for Young People	0808 808 2000	
Barnardo's Beyond the Shadows	0808 801 0312	
Big Plus	0808 100 1080	
Big Plus for Business	0800 028 8608	
Birmingham Signposting Service	0808 808 1001	
Bluebell at ParentLine Scotland	0800 345 7457	
Borderline	0800 027 4466	
Brain and Spine Foundation	0808 808 1000	
Breakthru Drug Awareness	0808 800 2020	
Breast Cancer Care	0808 800 6000	
Breathing Space	0800 838 587	
Bristol MindLine	0808 808 0330	
British Polio Fellowship	0800 018 0586	
Brook Young People's Information Service	0800 018 5023	
Bullying line in Scotland	0800 441 111	Not displayed
Business Debtline	0800 197 6026	
Call2Quit	0800 052 5855	
Campaign Against Living Miserably (CALM)	0800 585 858	
Cancer Backup	0808 800 0022	
Cancer Backup	0808 800 1234	
Cancer Backup Arabic	0808 800 0130	
Cancer Backup Bengali	0808 800 0131	
Cancer Backup Cantonese	0808 800 0132	
Cancer Backup French	0808 800 0133	
Cancer Backup Greek	0808 800 0134	
Cancer Backup Gujarati	0808 800 0135	
Cancer Backup Hindi	0808 800 0136	
Cancer Backup Non-specific Language Support	0808 800 0142	
Cancer Backup Polish	0808 800 0137	
Cancer Backup Punjabi	0808 800 0138	
Cancer Backup Turkish	0808 800 0139	
Cancer Backup Urdu	0808 800 0140	
Cancer Backup Vietnamese	0808 800 0141	
Cancer Research UK	0800 226 237	
Cancer Research UK	0808 800 4040	
CARE Confidential	0800 028 2228	
Careers Scotland	0808 100 1877	

Carers UK Exeter	0808 801 0878	
CarersLine	0808 808 7777	
Cerebra - For Brain Injured Children and Young People	0800 328 1159	
Cerebral Palsy Helpline Scope	0808 800 3333	
Chai Cancer Care	0808 808 4567	
Child Death Helpline	0800 282 986	
ChildLine	0800 111 1111	Not displayed
Child Line Minicom	0800 400222	Not displayed
Children's Choices in Lincolnshire	0800 195 1635	
Children's Commissioner for Wales	0808 801 1000	
Children's Heart Federation	0808 808 5000	
Children's Law Centre	0808 808 5678	
Citizens Advice Consultancy Debtline	0808 808 2575	
Citizens Advice LSC Employment Consultancy Line	0808 808 3681	
Colostomy Association	0800 328 4257	
Community Advice and Listening Line (CALL)	0800 132 737	
Connexions Direct	0808 001 3219	
Consumer Credit Counselling Service	0800 138 1111	
Contact a Family	0808 808 3555	
Contact Youth Counselling Services	0808 808 8000	
Crimestoppers	0800 555 111	Not displayed
Cruse Bereavement Care Youth Involvement Project	0808 808 1677	
Deafness Research UK	0808 808 2222	
Devon Rape and Sexual Abuse Line	0808 800 0188	
DIAL North Worcestershire	0800 970 7202	
Domestic Violence Helpline - Portsmouth	0800 587 6500	
Domestic Violence Helpline - Refuge / Women's Aid	0808 200 0247	
Domestic Violence/Abuse Line (Central Hertfordshire)	0808 808 8088	
Drinkline	0800 917 8282	
Dyn Project/Triangle Wales	0808 801 0321	
Edinburgh Crisis Centre	0808 801 0414	
Educational Action Challenging Homophobia (EACH)	0808 100 0143	
Endometriosis UK	0808 808 2227	
Epilepsy Action	0808 800 5050	
Epilepsy Scotland	0808 800 2200	
Family and Friends	0808 800 2000	
Family Info Link Stockport	0808 800 0606	
Family Rights Group	0800 731 1696	
Familyline Surrey	0808 800 5678	
First Step - St Martin's Housing Trust	0800 977 7594	
First Steps (East Surrey PCT)	0808 801 0325	
Fosterline	0800 040 7675	
Frank	0800 776 600	
Freshfield Service	0500 241 952	
Friends of the Earth Environmental Justice Hotline	0808 801 0405	
Friends of the Earth Supporter Information Team	0808 800 1111	
Get Connected	0808 808 4994	
Gingerbread - National Office	0800 018 4318	
Gingerbread Northern Ireland Advice Service	0808 808 8090	
Give It A Go	0808 100 1855	
Glasgow Advice and Information Network (Citizens Advice)	0808 801 1011	
Grimsby and Scunthorpe Rape Crisis	0800 197 4787	
Haemophilia Society	0800 018 6068	
Headway - The Brain Injury Association	0808 800 2244	

Heart MOT Line	0800 043 0313
Help the Aged SeniorLine	0808 800 6565
Help the Aged SeniorLine Northern Ireland	0808 808 7575
Hepatitis C Information Line	0800 451 451
Highland Homeless Helpline (Citizens Advice Direct)	0808 801 0804
Home Heat Helpline	0800 336 699
Howard League for Penal Reform	0808 801 0308
ICIS: information for life	0800 859 929
ILA Scotland	0808 100 1090
Include at Womens Health Matters	0808 808 4444
It's Your Choice	0800 515 819
Jewish Women's Aid	0800 591 203
Kick it Out	0800 169 9414
Know the Score	0800 587 5879
Learndirect	0800 100 900
Learndirect Scotland	0800 917 8000
Learndirect Scotland	0808 100 1091
Learndirect Scotland	0808 100 9000
Leeds Survivor Led Crisis Service Connect	0808 800 1212
Leukaemia Care Society	0800 169 6680
Leukaemia Care Society	0808 801 0444
Liberty Telephone Advice Service	0808 808 4546
Lifeline	0808 808 2121
Lifelink	0808 801 1315
Lone Parent Helpline	0800 018 5026
Lone Parent Helpline Scotland	0808 801 0323
Lothian Centre for Integrated Living - Your Call	0808 801 0362
Lymphoma Association	0808 808 5555
Macmillan Benefits Helpline	0808 801 0304
Macmillan Cancer Support	0800 500 800
Macmillan Cancerline	0808 808 2020
Macmillan Youthline	0808 808 0800
MACSAS	0808 801 0340
MALE Men's Advice Line	0808 801 0327
Marie Curie Direct	0800 634 4520
Max! Appeal	0800 389 1049
Mencap Cymru	0808 800 0300
Mencap Learning Disability Helpline	0808 808 1111
Meningitis Research Foundation	0808 800 3344
Meningitis Trust	0808 801 0388
Mental Health Matters - Coventry	0800 616 171
Mental Health Matters - Durham	0800 085 7027
Mental Health Matters - Gateshead	0800 085 1718
Mental Health Matters - Kent	0800 107 0160
Mental Health Matters - Middlesbrough	0800 052 7350
Mental Health Matters - Newham	0800 107 0161
Mental Health Matters - Redcar and Cleveland	0800 052 0658
Mental Health Matters - Residents Line	0800 085 1720
Mental Health Matters - South Tyneside	0800 085 1719
Mental Health Matters - Stockton	0800 052 7349
Mental Health Matters - Sunderland	0800 013 0626
Mesothelioma UK	0800 169 2409
Missing People Helpline	0500 700 700
Missing People Message Home Helpline	0800 700 740

Missing People Runaway Helpline	0808 800 7070	
Miyad National Jewish Crisis Helpline (adult)	0800 652 9249	
Miyad National Jewish Crisis Helpline (youth)	0800 652 4232	
Mpower	0808 808 4321	
Multiple Sclerosis Society	0808 800 8000	
Muslim Youth Helpline	0808 808 2008	
Myasthenia Gravis Association	0800 919 922	
Myeloma UK	0800 980 3332	
National Association for Children of Alcoholics	0800 358 3456	
National Association for People Abused in Childhood	0800 085 3330	
National Association for People Abused in Childhood	0808 801 0331	
National Childminding Association	0800 169 4486	
National Deaf Children's Society	0808 800 8880	
National Debtline	0808 808 4000	
National Group on Homeworking	0800 174 095	
National Youth Advocacy Service	0800 616 101	
Newham Monitoring Project	0800 169 3111	
NHS Smoking Helpline (Bengali)	0800 169 0885	
NHS Smoking Helpline (Gujarati)	0800 169 0884	
NHS Smoking Helpline (Hindi)	0800 169 0883	
NHS Smoking Helpline (Punjabi)	0800 169 0882	
NHS Smoking Helpline (Urdu)	0800 169 0881	
NHS Smoking Helpline / Smokers' Helpline for Wales	0800 169 0169	
Nightlink	0808 800 0306	
No Panic	0808 808 0545	
Norfolk Carers Helpline	0808 808 9876	
Northamptonshire Society for Autism	0808 808 9090	
Northern Ireland Domestic Violence Helpline	0800 917 1414	
Northern Ireland Smokers Helpline	0800 858 585	
Nottingham Women's Aid Advice Centre	0808 800 0340	
NSPCC Asian Child Protection Helpline	0800 096 7719	
NSPCC Child Protection Helpline	0808 800 5000	
NSPCC Cymru/Wales Child Protection Helpline	0808 100 2524	
Off the Record - Bristol	0808 808 9120	
Off the Record - Hants	0808 801 0724	
Open Doors Information Line	0808 808 8999	
Ostomy Lifestyle	0800 731 4264	
PACE Family Support Line	0808 180 7223	
Parentline Plus / ParentLine Scotland	0808 800 2222	
Parents Advice Centre	0808 801 0722	
Parents for Inclusion	0800 652 3145	
Parkinson's Disease Society	0808 800 0303	
Patient Advice and Liaison Service Leeds	0800 052 5270	
Pet Bereavement Support Service	0800 096 6606	
Preston and Western Lancashire Racial Equality Council	0808 808 7398	
Priority Line	0800 282 322	Not displayed
Prisoners Abroad	0808 172 0098	
Prisoners' Families and Friends Service	0808 808 3444	
Prisoners' Families Helpline	0808 808 2003	
Purple Pages	0808 808 5252	
Quest Linkline - The Helpline for Lesbian and Gay Catholics	0808 808 0234	
Quitline	0800 002 200	
Racing Welfare	0800 630 0443	
Rape and Abuse Line (men)	0808 800 0122	

Rape and Abuse Line (women)	0808 800 0123	
Rape Crisis Scotland	0808 801 0302	
Rape Support Helpline Wiltshire	0808 800 1144	
Refuge	0808 808 9999	
Refuge	0808 200 0247	Not displayed
Respond	0808 808 0700	
Rethink - Brighton, Hove and Kent	0808 808 3333	
Rethink - Focus Line	0800 027 2127	
Rethink - Lincolnshire	0808 800 1010	
Rethink - Mental Health Asian Line	0808 800 2073	
Rethink - North Warwickshire	0808 800 0025	
Rethink - Sandwell	0800 132 561	
Rhondda Cynon Taf CarersLine	0808 100 1801	
RNID Information Line	0808 808 0123	
RNID Tinnitus Helpline	0808 808 6666	
Safe@last	0800 3557233	
Safe and Healthy Working Advice Line	0800 019 2211	
Safeline Warwick	0808 800 5005	
Samaritans	0845 790 9090	Not displayed
Scotsline	0800 652 2989	
Scottish Network for Families Affected by Drugs	0808 010 1011	
Scottish Prisoners Families Helpline	0500 839 383	
Sexual Health Line	0800 567 123	
Sexwise	0800 282 930	
Sheffield Debtline	0808 800 2237	
Shelterline	0808 800 4444	
Shropshire, Telford and Wrekin Mental Health Helpline	0800 195 1700	
Signposts	0800 317 220	
SKILL - National Bureau for Students with Disabilities	0800 328 5050	
Skillset Careers	0808 100 8094	
Smokeline Scotland	0800 848 484	
SOLACE	0808 801 0344	
Somali Youth Helpline	0808 801 0410	
Southampton Womens Aid	0808 801 0334	
Speakability	0808 808 9572	
Spinal Injuries Association	0800 980 0501	
SSAFA Forces Help Confidential Support Line	0800 731 4880	
Staffordshire Mental Health Helpline	0808 800 2234	
Stirling Family Support Service	0800 027 0898	
Stop Hate Line	0800 138 1625	
Suffolk Gay and Lesbian Helpline	0808 808 2322	
TAMBA Twinline	0800 138 0509	
Tameside MBC Welfare Rights Advice Line	0800 074 9985	
Teacher Support Line	0800 056 2561	
Teacher Support Scotland	0800 564 2270	
Teacher Support Wales	0800 085 5088	
Tenovus Cancer Information Centre	0808 808 1010	
Terrence Higgins Trust Cardiff	0800 074 3445	
The Retail Trust	0808 801 0808	
The Line (Childline)	0800 884444	Not displayed
Trade Union Learning Helpline	0800 389 7241	
Triangle Wales	0808 801 0306	
Turn2Us	0808 802 2000	
Ulster Cancer Foundation	0800 783 3339	

Veterans-UK	0800 169 2277
Vitiligo Society	0800 018 2631
Voice For The Child In Care	0808 800 5792
Wales Domestic Violence Helpline	0808 801 0800
Wales Drug and Alcohol Helpline	0800 633 5588
Wellchild	0808 801 0330
West of Scotland Seniors Forum 'Are You Cold'	0800 107 2609
What Now?	0800 511 111
Winter Warmth Advice Line	0800 085 7000
Working Advocacy in North Devon	0808 800 0312
Young Scot	0808 801 0335
Young Scot	0808 801 0336
Young Scot	0808 801 0337
Young Scot	0808 801 0338
YoungMinds	0800 018 2138