

Telephone support services

Organisation	Contact	Other info
Age UK	0800 678 1602 Also offered: Nationwide telephone befriending service 'Call In Time'	Available 8am – 7pm Advice for older people, their families, friends and carers
Asthma UK	0300 222 5800	Asthma expert nurses Coronavirus specific advice available on their website (www.asthma.org.uk/advice/triggers/coronavirus-covid-19) as phone lines are experiencing high volumes of calls
British Heart Foundation	0300 330 3300	Cardiac specialist nurses
Diabetes UK	0345 123 2399	Available: 9am – 6pm
Mind	0300 123 3393	Available: 9am – 6pm
Scope	0808 800 3333 Textphone 18001 > 0808 800 3333	Available: 8am-8pm Sundays: 10am – 6pm
Citizens Advice	Citizensadvice.org.uk 03444 111 444	Available: 9am – 5pm
The Silver Line	08004708090	Free, confidential helpline providing information, friendship and advice to older people 24 hours a day.
Tommy's	0800 0147 800	Non-urgent midwife support during pregnancy
Parkinson's UK	08088000303 Textphone 18001>08088000303	Specific coronavirus advice related to Parkinson's at www.parkinsons.org.uk/understanding-coronavirus-and-parkinsons
MacMillan	0808 808 0000	Support for people with a cancer diagnosis, and their family and friends. Available: 7 days a week, 8am – 8pm
Family Lives	0808 800 2222	Emotional support, information, advice and guidance on parenting and family life.
Carers UK	0808 808 7777	
Samaritans	116 123	For anyone with concerns, worries or troubles, Samaritans can offer help and support.
National Breastfeeding Helpline	0300 100 0212	
The National Childbirth Trust	0300 330 0773	Helping parents through pregnancy, birth and early days with a baby
Al-Anon Family Groups	0800 0086 811	For people who are worried about someone else's drinking
Alzheimer's Society	0300 222 1122	Available: Monday – Wednesday 9am – 8pm, Thursday & Friday 9am – 5pm, Weekends 10am - 4pm
Helplines.org	www.helplines.org	Online database of helplines for a wide variety of support needs

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