

Counselling		
No Limits (City central) No Limits (Shirley) No Limits (Sholing)	02380 224224 511051 435000	02380 02380
Southampton Rape Crisis and Sexual Abuse	02380 636313 02380 636312 www.rapecrisis.org.uk	11-25yrs counselling, anger management Free/Donations. Victims of sexual abuse.
IVF Counselling	02380 796980	The Princess Anne Hospital Fertility Centre.
Relate	Local: 02380 229761 National: 03001001234 www.relate.org.uk	Fee/Donations. Relationships Face to face, telephone and online counselling.
Marriage Care	08003 893801 www.marriagecare.org.uk	Fee/Donations. Relationships
Cruse	Local: 02380 232500 National Helpline: 0844 477	Fee/Donations. Bereavement service.
University Counselling	02380 593719	Free/University Students.
Survivors of Bereavement by Suicide	08445 616855 www.uk-sobs.org.uk	Phoneline open 9am-9pm emotional and practical support.
Chrysalis	01489 589111 www.chrysalis-gii.co.uk	Gender Identity. Counselling, support and life skills workshops
University of Southampton		
Student's Union	02380 592085	General Advice
First support	02380 597488	Student Safety/Crisis Number
Enabling Service Team	02380 597241	Support for Health Conditions/Mental Health/ LD/ Mentoring
Career Destinations	02380 593501	Employment after University
Victims of Crime, Violence and Abuse		
National Centre for Domestic Violence	08448 044999	Men and Women Emergency Service
Womens Aid	02380 338881 9am-5pm OR 08088 010334 (number does)	Domestic Abuse past or present, support groups Outreach workers providing individual practical and/or emotional
National Domestic Violence Helpline	08082 000247	Free helpline
Respect	0808 802 40 40	Helpline for domestic abusers
Rape Crisis	0808 802 9999 12-2.30pm 7-9.30pm www.rapecrisis.org.uk	Crisis and long term specialised support counselling and independent advocacy. For Women and girls of any age who have experienced sexual violence at any time in their life; past or present.
BME		
Asian Women's Refuge	02380 339500	Asian Women support and accomm.
EU Welcome	www.euwelcome.org.uk	Advice for Polish/Eastern European
Community Development Service	80294241	General advice on services, support and groups available within Southampton and surrounding areas.
Young People		
Childline	0800 1111	Helpline for children and young people
Next Steps	02380 216048	Supporting young carers 17-25yrs old
Older People		
Age UK	02380 368636	General info about local services
Admiral Nurses	0845 257 9406	A specialist nursing intervention focused on meeting the needs of carers and families of people with dementia. Advice
Substance Misuse		
FRANK	0800 77 66 00 SMS 82111 www.talktofrank.com	General advice
Southampton Alcohol Service	02380 528376	Self referral or GP. Support for alcohol use and detox if necessary.
DASH (No Limits City Central) DASH (No Limits Shirley) DASH (No Limits Sholing)	02380 224224 02380 511051 02380 435000	Youth drug and alcohol support 11-19years.
Housing and debt		
Homeless and Housing Advice	02380 832254	Homeless, issue with Landlord, served a notice, general advice.

GATEWAY	023 8083 3000 Drop in at 1 Guild Hall Square	Deals with any enquiry regarding the following council services: Allotments, Council Tax, Smartcities cards, Highway permits, Homelessness, Housing Allocations, Housing Benefits, Parking Fines and Permits, Planning, Building
Floating Support Project (MIND)	02380 227512	Help and support for any adult experiencing mental distress and having a housing related difficulty. The service is flexible and responsive but time limited.
Citizens Advice	023 8022 1406 / 023 8033 3868 Appointments 023 8022 3659 www.sotoncab.org.uk	Free, independent, impartial advice and information on most subjects to the people of Southampton
MIND booklet for Money and Mental Health	www.mind.org.uk/mental_health_a-z/8078_money_and_mental_health	Advice and Information (Downloads as a PDF)
Eating Disorders and Self Harm		
BEAT	Helpline 08456 341414 Youthline 0845	Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the
Harmless	www.harmless.org info@harmless.org.uk	An organisation that understands self harm. We provide a range of services for people who self harm, their friends, families and professionals, they believe in hope and recovery.