

# Kings Cross Support Directory



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# **Riverside**

## **Riverside Support Services**



### **ASB, hate crime and domestic abuse**

Our focus is to make sure all of our customers feel safe and have the support they need. We want our neighbourhoods to be safe places for everyone. We won't tolerate behaviour that prevents our customers feeling secure in their home and their neighbourhood.

To find out more about what support is available or to report incidents please visit

<https://www.riverside.org.uk/you-your-home/asb-hate-crime-and-domestic-abuse/hate-crime/>

### **Money and benefit welfare advice**

Our Money Advice Team are specialists in assisting and advising with Welfare Benefits. They can help you to make a claim, submit an appeal if you have been refused, explain how the different types of Benefits work and ensure that you are receiving your full entitlement.

For benefit advice please visit

<https://www.riverside.org.uk/you-your-home/money-advice/benefit-advice/>

For support from our money advisors please visit

<https://www.riverside.org.uk/you-your-home/money-advice/debt-advice/>

### **Energy and heating**

Heating your home can be a real cost pressure. Here you can find guidance around keeping your costs down while keeping your home warm and free of damp.

For support from our Affordable warmth Team please visit

<https://www.riverside.org.uk/you-your-home/energy-and-heating/affordable-warmth-team/>

### **Employment and Training**

Our Employment and Training Team provides free support to anyone living in a Riverside home. The team offer a tailored service for each person we work with. So whether you're a young person looking for a first job, would like to gain a qualification or are planning for longer term – we are here to help!

We can help support you in

- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start your own business

To find out more visit

<https://www.riverside.org.uk/you-your-home/employment-training/>  
or email

### **Safety and Support**

We take our responsibility to make sure you are safe and comfortable in your home very seriously. Find out about asbestos, water and fire safety as well as advice on domestic abuse and report nuisances here.

<https://www.riverside.org.uk/you-your-home/safety-support/>

# Food Support Services in Kings Cross



## Food Banks

### **Blessed Sacrament Catholic Church**

Copenhagen Street, N1 0SR

02078378378

**Open Thursday 1 pm to 3.30 pm**

### **Maiden Lane Foodbank**

156 St Paul's Crescent, NW1 9XZ

02072 679 586

**Contact for further information**

### **Our Lady and St Joseph's RC Church**

100a Balls Pond Road, Dalston, N1 4AG

0207 254 2464

**Open Tuesday 11 am to 1 pm**

### **Euston Foodbank**

28 Phoenix Road, London, NW1 1TA

07400 053838

**Open Tuesday 12 pm to 3.30 pm,**

**Thursday 5.30 pm to 7 pm,**

**Saturday 11 am to 12.20 pm and**

**Sunday 12 pm to 1.30 pm**

## Pantries

### **Cook for Good**

Hugh Cubitt Community Centre, 48 Collier Street,  
N1 9QZ

0203 633 4025

**Visit <https://www.cookforgood.uk/pantry> to register**

## Support organisations

### **Hare Krishna Food for All**

White Van in York Way by Kings Cross train station

They provide free hot vegetarian meals

**Open Monday to Saturday 2 pm to 4 pm**

### **Union Chapel**

19B Compton Terrace, London, N1 2UN

07384 463 846 / 0207 704 9050

Support Available

- hot meals
- tea and coffee
- Limited access to shower facilities
- Limited access to laundry

**Open Mondays and Wednesdays 11 am to 1 pm**

### **The Manna, St Stephen's Church**

17 Canonbury Road, London N1 2DF

020 7226 5369

Offer food, clothing, showers, laundry and advice for anyone in need

**Open Tuesday 2 pm to 7 pm, Thursday 10 am to 4 pm and Friday 10am – 4pm**

### **New Horizon Youth Centre - ages 18 to 24**

68, Chalton Street London NW1 1JR

020 7388 5560

They offer food, clothes, shower, health essentials and housing advice

**Meal by Eat Club Tuesday 3.30 pm to 5.30 pm**

### **St Mary's**

Upper St, London N1 2TX

02072263400

Free hot drinks and lunch with a concert every third Friday of the month

**Open Friday 11 am to 1.30 pm**

### **FoodCycle London**

New River Baptist Church, 80 Arran Walk, N1 2TL

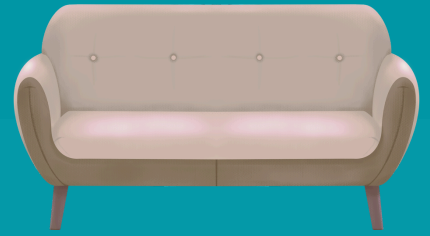
020 7729 2775

Welcomes anyone to attend as a guest and enjoy a FREE hot meal

**Open Wednesday from 1 pm**



# Riverside Furniture Support in Kings Cross



## Camden Council

### Household Support Fund

If you're in an emergency financial situation and don't have the money to pay for essentials, you may be eligible for a payment of up to £500 from the government-funded Household Support Fund (HSF). To apply for a payment from the Household Support Fund (HSF) and our Cost of Living Crisis Fund, register for their Money Advice Service. If you need help registering, call 020 7974 4444. If you're eligible, you can apply for both, but there must be a 2-month gap between each application.

<https://www.camden.gov.uk/hsf>

<https://www.camden.gov.uk/refer-yourself-for-money-advice-and-support>

### Supermarket vouchers

The government-funded Household Support Fund (HSF) will also be used to fund supermarket vouchers until 31 March 2026 for families living in Camden who receive Housing Benefit or Council Tax Support with children up to the age of 18. Any child attending a Camden school and receiving free school meals will also receive vouchers. If you receive certain benefits – including Universal Credit – your child is eligible for this support but they must be registered for free school meals.

- £60 per eligible child in May 2025 for Summer term
- £45 per eligible child in September 2025 for Autumn term
- £45 per eligible child in February 2026 for Spring term

<https://www.camden.gov.uk/hsf>

## Charities and Organisations

### Revive and Recycle

Aim to help those in need with furniture and other items who would otherwise have no other means of obtaining such items due to their circumstance or current living situations.

0800 032 0626

<https://www.reviveandrecycle.org.uk/who-we-help/>

### Charity Shops

#### British Heart Foundation

Cricklewood Furniture & Electrical Store

267 Cricklewood Broadway, NW2 6NX

0208 712 5370

**Open Monday to Saturday 10 am to 6 pm and  
Sunday 11 am to 5 pm**

#### Shelter

Primrose Hill Community Shop

158 Regents Park Road, Primrose Hill, NW1 8XN

0207 722 3053

**Open Monday to Saturday 10 am to 6 pm and  
Sunday 11 am to 5 pm**





# Riverside

## Cost of Living Support in Kings Cross



### Camden Council

#### **Household Support Fund**

If you're in an emergency financial situation and don't have the money to pay for essentials, you may be eligible for a payment of up to £500 from the government-funded Household Support Fund (HSF).

To apply for a payment from the Household Support Fund (HSF) and our Cost of Living Crisis Fund, register for their Money Advice Service. If you need help registering, call 020 7974 4444. If you're eligible, you can apply for both, but there must be a 2-month gap between each application.

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- £45 per eligible child in February 2026 for Spring term

<https://www.camden.gov.uk/hsf>

### Libraries

Your local library can offer a variety of different services including

- Access to library PCs, scanning, printing and photocopying.
- Browsing and choosing books in our adult and children's libraries.
- Study spaces.
- A range of library activities including social groups

#### **Camden Town Library**

218 Eversholt Street, NW1 1BD

020 7974 4444

**Open Monday to Thursday 10 am to 6 pm and Friday and Saturday 11 am to 5 pm**

#### **Pancras Square Library**

5 Pancras Square, N1C 4AG

020 7974 4444

**Open Monday to Saturday 8 am to 8 pm Sunday 11 am to 5 pm**



# Riverside

## Cost of Living Support in Kings Cross



### Employment Support

#### **Good Work Camden Job Hub**

Good Work Camden is a free service to help anyone who lives in Camden find a new or better-paid job or training opportunity. Appointments are available in-person at their community Job Hubs or via a phone or video call.

If you're disabled and/or neuro-diverse, targeted support is available via their Disability Job Hub.

**<https://goodwork.camden.gov.uk>**

- employment information, advice and guidance
- help with CVs and job applications
- access to apprenticeships and work experience
- careers guidance
- advice on benefits
- support for disabled residents\*
- advice on employment law
- support for people with mental health issues
- access to training opportunities

**<https://www.camden.gov.uk/employment-support>**

#### **Good Work Camden**

Good Work Camden helps local people access good jobs, apprenticeships, or training with a range of employment services. Whether you're looking for a job, want to learn new skills, or need support with finding your next step, they can help.

**<https://goodwork.camden.gov.uk/>**

#### **Camden Rise**

If you're aged 16 to 24 and looking for employment support, Camden Rise can support you to find opportunities, training and advice to meet your needs.

020 7974 1127

[youngtalent@camden.gov.uk](mailto:youngtalent@camden.gov.uk)

**<https://www.camdenrise.co.uk/education>**

#### **Camden IPS**

Do you live in Camden and looking for support to gain employment? Camden IPS, one-to-one employment support helps individuals with mental health challenges to find and sustain meaningful work. Whether you're looking for your first job, returning after time off, or struggling to stay in work, they will support you every step of the way.

Speak to your NHS mental health care practitioner who can make a referral or refer yourself directly on **[info.camden@hestia.org](mailto:info.camden@hestia.org)**.

#### **AFK Charity**

The aim of AFK's Employment and Skills Programme is to support disabled London residents aged 18-25 into paid employment. You can apply online by visiting

**<https://www.afkcharity.org/employment-and-skills>**

or if you need additional support Please email **[elaine.harman@afkcharity.org](mailto:elaine.harman@afkcharity.org)** or call **020 8347 8111**

### Credit Unions

#### **London Credit Union**

The Jeremy Hopgood Rooms, Caxton House, 129 St John's Way, Archway, London N19 3RQ

**020 7561 1786**

**[info@credit-union.coop](mailto:info@credit-union.coop)**

#### **London Mutual Credit Union**

Co-operatives London, c/o Tower Hamlet CDA Business Development Centre, 7-15 Greatorex Street E1 5NF

**020 3773 1751**

**<https://creditunion.co.uk/contact-us/>**



# Riverside

## Cost of Living Support in Kings Cross



### Citizens Advice

#### **Citizens Advice Camden**

If you are a Camden resident and you need information and advice you can access online resources or call the Adviceline on 08000283146

**This service is available between 10 am and 4pm Monday to Friday.**

### Debt Support

#### **Camden CAP Debt Centre**

Camden CAP's friendly team will give you a listening ear in confidential appointments and provide a practical solution to your debts.

The Busworks, 39-41 North Road. N7 9DP

**0800 328 0006 [londoncamden@capuk.org](mailto:londoncamden@capuk.org)**

**[www.capdebthelp.org](http://www.capdebthelp.org)**

#### **Camden Floating Support Service (Camden Council)**

Camden Floating Support Service is a generic floating support service that provides individual support to a range of vulnerable adults and families who need additional help to sustain their tenancy and achieve independence.

**0207 974 5366**

**<https://www.camden.gov.uk/camden-floating-support-service>**

#### **Camden Community Law Centre**

Specialist legal advice and representation in priority areas of housing, immigration and nationality, employment, welfare rights and debt.

Housing drop-in advice Monday and Thursday  
10.30 am to 12.30 pm.

Employment advice line: **Monday 10.30 am to 12.30pm**

Immigration advice line: **Tuesday 10.30 am to 12.30 pm.**

12 Greenland Rd, London, NW1 0AU

**020 7284 6510**

# Riverside Digital Inclusion Support in Kings Cross



## Libraries

You can access support to get online through your local library. They offer free access to the internet and you can use any of the following ways to access the internet for free at a library near you.

- Use a library computer
- Borrow a laptop or tablet from the library, or access a free SIM with internet data
- Free public wifi - you can access the internet for free at your local library using your device or a library computer.

Help to get online from your local library

Libraries also offer the opportunity to learn digital skills and gain confidence. You can get help with basic computer skills, including internet, e-mail, and much more, go at your own pace, with help at hand.

### **Camden Town Library**

218 Eversholt Street, NW1 1BD  
020 7974 4444

**Open Monday to Thursday 10 am to 6 pm and  
Friday and Saturday 11 am to 5 pm**

### **Pancras Square Library**

5 Pancras Square, N1C 4AG  
020 7974 4444

**Open Monday to Saturday 8 am to 8 pm  
Sunday 11 am to 5 pm**

## Digital Support

### **Camden Council**

Camden Council aim to help all Camden residents get online and feel confident using technology safely.

Local Digital Support Map

<https://www.camden.gov.uk/find-local-digital-support>

Improving your digital skills, online resources  
<https://www.camden.gov.uk/improve-your-digital-skills>

## **Affordable Internet Social Tariffs**

With the rising cost of living and broadband prices going up, many households are finding it harder to stay connected. If you're on a low income or receiving benefits, you may be eligible for discounted broadband packages (social tariffs) or free mobile data through national schemes.

If you receive Universal Credit or other income-related benefits, you could be eligible for a low-cost broadband package, known as a social tariff. These deals are designed to help reduce household bills and could save you up to £144 a year.

You may be eligible if you receive:

- Universal Credit
- Jobseeker's Allowance
- Income Support
- Employment and Support Allowance
- Pension Credit
- 

Broadband providers offering social tariffs include:

- Virgin Media O2 Essential Broadband - starting at £12.50 a month
- Virgin Media O2 Essential Broadband Plus - starting at £20 a month
- Vodafone Essentials Broadband - starting at £12 a month
- BT Home Essentials - starting at £15 a month, plus £9.99 P&P
- Sky Broadband Basics - starting at £20 a month

# **Riverside** **Digital Inclusion Support** **in Kings Cross**



## **Mobile data and Sim Cards**

If you're a Camden resident struggling to afford mobile data, you can visit the Free SIM cards for residents page -

<https://www.camden.gov.uk/free-sim-cards-for-residents> or contact the Digital Inclusion team at [digital.inclusion@camden.gov.uk](mailto:digital.inclusion@camden.gov.uk).

You may be able to receive:

- free SIM cards from O2, Vodafone, or Three
- access to mobile data, minutes, and texts – free for up to 12 months
- help setting up your phone or device, if needed

You could qualify for support if you:

- are 18 or over
- have limited or no access to the internet at home
- can't afford your current mobile data plan or device
- receive benefits or have a low household income

To find out more visit

<https://www.camden.gov.uk/free-sim-cards-for-residents>

## **Age UK Camden - Drop-in sessions**

Age UK Camden runs drop-in sessions where you can come by anytime between 2pm and 4pm to receive support and advice regarding technology and your tech devices. Whether it be help with your phone, laptop, email, NHS access, or generally improving your digital skills, one of their experts will be more than happy to help.

## **Fitzrovia Community Centre**

2 Foley St, London W1W 6DL

**1st Wednesday of each month 2 pm to 4 pm**

## **Kentish Town Library**

262-266 Kentish Town Rd, London NW5 2AA

**2nd Wednesday of each month 2 pm to 4 pm**

## **Swiss Cottage Library**

88 Avenue Rd, London NW3 3HA

**3rd Wednesday of each month 2 pm to 4 pm**

## **Highgate Library (Camden)**

Chester Rd, London N19 5DH

**4th Wednesday of each month 2 pm to 4 pm**

## **Camden Learning Centre**

Offers a range of support services

5 Pancras Square, London, N1C 4AG

020 7974 1122

[customersupport@camdenlearning.org.uk](mailto:customersupport@camdenlearning.org.uk)

<https://camdenlearning.org.uk/contact/>

## **Somers Town Community Association**

150 Ossulston Street London NW1 1EE

020 7388 6088

<https://www.somerstown.org.uk/how-we-can-help/the-living-centre/>

# **Riverside** **Youth Provision** **in Kings Cross**



## **Family Hubs/ Children's Centres**

Children's Centres and Family Hubs offer a wide range of services and support for children and families from pregnancy to age 19, or up to age 25 for those with special educational needs and disability (SEND).

Support that may be offered includes:

- debt and help with money
- access to midwife clinics, family health visits and breastfeeding support
- finding local activity groups
- after-school clubs and holiday playschemes
- access to youth support
- free early education and free childcare
- mental health and wellbeing
- family support that can be provided at your home
- guidance on benefits advice, training, employment, and volunteering opportunities
- support for children with special educational needs and disabilities (SEND)
- nursery and childcare
- support for your child's communication skills

### **Agar Children's Centre, Family Hub**

Lulworth, Wrotham Road, NW1 9SU  
020 7974 4789 or freephone 0800 389 5789  
familyhubs@camden.gov.uk

**Open Monday and Friday 9 am to 5 pm**

### **Harmood Children's Centre, Family Hub**

1 Forge Place, NW1 8DQ  
020 7974 8961 or freephone 080 0389 5789  
familyhubs@camden.gov.uk

**Open Monday and Friday 9 am to 5 pm**

### **Regent's Park Children's Centre, Family Hub**

Augustus Street, NW1 3TJ  
020 7974 8934 or freephone 080 0389 5789  
familyhubs@camden.gov.uk

**Open Monday and Friday 9 am to 5 pm**

## **Youth Clubs**

### **Somers Town Community Association**

150 Ossulston Street London NW1 1EE  
020 7388 6088

jodie@somerstown.org.uk

To find out more about the support offered please visit

**<https://www.somerstown.org.uk/how-we-can-help/youth/>**

### **Castlehaven Community**

23 Castlehaven Rd, Camden Town, NW1 8RU  
0207 485 3386

info@castlehaven.org.uk

To find out more about the support offered please visit

**[https://www.castlehaven.org.uk/how-we-can-help/our\\_programmes/children-and-young-people/](https://www.castlehaven.org.uk/how-we-can-help/our_programmes/children-and-young-people/)**

### **Kings Cross Neighbourhood Centre**

51 Argyle Street, London, WC1H 8EF  
020 7837 4025

To find out more about the support offered please visit

**<https://www.kcbna.org.uk/youth-team>**

### **Maiden Lane Community Centre**

156 St. Paul's Crescent, London, NW1 9XZ  
020 7267 9586

officemlcc@yahoo.co.uk

To find out more about the support offered please visit

**<https://www.maidenlanecommunitycentre.org/young-people.html>**

**For additional youth support services please download our National Support Directory**



# **Riverside** **Youth Provision** **in Kings Cross**



## **New Horizon Youth Centre**

68 Chalton Street, Camden, London, NW1 1JR  
020 7388 5560

To find out more about the support offered please visit

<https://nhyouthcentre.org.uk/young-person/get-help/>

## **Samual Lithgow Youth Centre**

69 – 75 Stanhope Street, London NW1 3LD  
020 7692 0186

[info@samuel-lithgow.org.uk](mailto:info@samuel-lithgow.org.uk) or

[coordinator@samuel-lithgow.org.uk](mailto:coordinator@samuel-lithgow.org.uk)

To find out more about the support offered please visit <https://samuel-lithgow.co.uk/>

## **SYDRC**

N1C Centre, Handyside Street, N1C 4BQ  
020 7164 6931

[admin@sydrc.org](mailto:admin@sydrc.org)

To find out more about the support offered please visit

<https://sydrc.org/>

## **Calthorpe Community Garden**

258-274 Gray's Inn Road, London, WC1X 8LH  
020 7837 8019

[info@calthorpecommunitygarden.org.uk](mailto:info@calthorpecommunitygarden.org.uk)

To find out more about the support offered please visit

<https://www.calthorpecommunitygarden.org.uk/weekend-play-programme>

## **Accessible Groups**

### **Count Me In Project Youth Club**

8th Floor, 5 Pancras Square, c/o Camden Town Hall, Judd Street, WC1H 9JE  
07827 859417

[catherine.andrews@camden.gov.uk](mailto:catherine.andrews@camden.gov.uk)

**Open Monday and Thursday 5.30 pm to 8.30 pm**

## **Family Support**

### **SYDRC**

Deliver parenting support programs including:-

Strengthening Families Strengthening Communities (SFSC)

A 13-week programme for parents with children aged 3-18, aimed at helping them raise happy and successful children.

- Evidence-based parenting strategies
- Cultural appropriate positive parenting skills
- Peer support and networking
- Certificate upon completion

Parent Pathway Project

Workshops focusing on Arabic language, community awareness, and parenting skills to strengthen family bonds.

- Arabic language classes
- Community awareness sessions
- Cultural identity preservation
- Family communication skills

<https://sydrc.org/services/family-programs>



# **Riverside** **Older People Support** **in Kings Cross**



**Dementia UK** - 0800 888 6678

## **Re-engage**

Group and one-to-one social activities will help older people connect with others.

**0800 716543**

**The Silver Line** - 0800 4 70 80 90

## **Friends of the Elderly**

Grants to older people living on low incomes.

**0330 332 1110** [hello@fote.org.uk](mailto:hello@fote.org.uk)

## **Groups and support**

### **Age UK Camden**

Age UK Camden offer a number of support services including home support for those unable to travel.

Age UK Camden, Henderson Court, 102

Fitzjohn's Avenue, London, NW3 6NS

020 7239 0400

[info@ageukcamden.org.uk](mailto:info@ageukcamden.org.uk)

**<https://www.ageuk.org.uk/camden/our-services/>**

### **Castlehaven Community**

23 Castlehaven Rd, Camden Town, NW1 8RU

0207 485 3386

[info@castlehaven.org.uk](mailto:info@castlehaven.org.uk)

To find out more about the support offered please visit

**[https://www.castlehaven.org.uk/how-we-can-help/our\\_programmes/children-and-young-people/](https://www.castlehaven.org.uk/how-we-can-help/our_programmes/children-and-young-people/)**

### **Firststop Advice**

Free advice service on finding residential care, finance, housing and rights information for older people and their carers. Website includes searchable directories of UK care homes, retirement housing and relevant local services.  
[www.firststopcareadvice.org.uk](http://www.firststopcareadvice.org.uk)

### **Somers Town Community Association**

150 Ossulston Street London NW1 1EE

020 7388 6088

[jodie@somerstown.org.uk](mailto:jodie@somerstown.org.uk)

To find out more about the support offered please visit **<https://www.somerstown.org.uk>**

### **Marchmont Community Centre**

General advice and information, lunch club, group activities, community development support. Older people's activities include a lunch club, bridge, pilates, bingo, gentle exercise, qi gong, knitting group, arts and crafts, free use of computers, day trips, holidays, advice and volunteering.

62 Marchmont Street, London WC1N 1AB

**020 7278 5635**

**[info@kcbna.org.uk](mailto:info@kcbna.org.uk)**

### **Open Minded**

Camden Council coordinates all of the community mental health services available to children and young people in the borough under the name Open Minded.

Tavistock Centre 120 Belsize Lane, NW3 5BA

**020 8938 2241**

**<https://tavistockandportman.nhs.uk/services/camden-adolescent-intensive-support-service-caiss/>**

**For additional older people support services please download our National Support Directory**

# Riverside

## Mental Health and Wellbeing Support in Kings Cross



### Hub of Hope

Hub of Hope is the UK's most comprehensive national mental health support database. Download the free app or text **HOPE** to **85258** to find relevant services near you.

### Bangladeshi Mental Health Forum

The Bangladeshi Mental Health Forum (BMHF) raises awareness of mental health within the Bangladeshi community, and other BME groups such as Somali, new migrants and hard to reach communities.  
Unit S-7, The Whitechapel Centre 85 Myrdle Street E1 1HL  
**0771 607 8840**  
<https://bangladeshimentalhealth.org/>

### Calthorpe Project

Provides a community centre and garden which enable local people to mix, socialise and improve their quality of life.  
258-274 Gray's Inn Road  
WC1X 8LH  
**020 7837 8019**  
<https://www.calthorpecommunitygarden.org.uk/>

### Camden Crisis Centre

The Sanctuary is a place where you can come if you feel like you're experiencing a mental health crisis.  
**07825 165 464**  
<https://www.hestia.org/camden-crisis-sanctuary>

### Camden Listening and Counselling Centre

Counselling offers you the chance to talk to a counsellor one-to-one, in confidence and in a safe environment.  
Trinity Church, Buck Street, NW1 8NJ  
**07493 655937**  
<https://camdenlistening.org.uk/>

### Mental health emergencies

If you or someone you know is experiencing a mental health crisis and you don't feel like you can keep yourself or them safe:

- **Phone the 24-hour mental health crisis line on 020 3317 6333** to access specialist support. In an emergency, always call 999.
- **Contact your local GP surgery and ask for an emergency appointment.** You don't need to be registered as a patient already.
- **Camden Crisis Sanctuary** offers face-to-face, telephone, and online support to Camden residents every evening and weekend, 5pm to 10.30pm. No referral is required. You can also call **07825 165 464** between 5pm and 11pm, or leave a message for staff to call you back.
- **Call the Samaritans for free on 116 123** they're always open and are there to listen. You can also email [jo@samaritans.org](mailto:jo@samaritans.org) and receive a response within 24 hours.
- **The Stay Alive App** can be used to help manage suicidal thoughts. It provides information and tools to help you stay safe in a crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

### Frazzled Cafe

Frazzled Cafe is about people coming together to share their stories with likeminded people. To find out more visit  
<https://www.frazzledcafe.org/>

### WeBelong.Life

201 Drummond Street, London, NW1 3FE  
Join us for a warm, welcoming afternoon of platonic touch and authentic connection. Our workshops are safe, supportive spaces to explore the power of innocent intimacy, consensual, and caring human contact.  
**Contact: 07932 737 813 for a free women's ticket.**

**For additional Mental Health support services please download our National Support Directory**

# Domestic Abuse Services in Kings Cross



## **If you are in immediate danger, call 999 and ask for the police.**

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

## **Call 999 from a landline**

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

## **If you are deaf or can't use a phone**

You can register with the [emergencySMS](https://www.emergencysms.net/). Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

**<https://www.emergencysms.net/>**

## **Bright Sky app**

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

## **Safe Spaces**

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

## **Woman's Trust**

Woman's Trust is a specialist mental health charity providing free counselling and women who have experiences abusive relationships.

**<https://womanstrust.org.uk/>**

## **Solace**

London's largest domestic abuse and sexual violence charity. Solace offers free advice and support to women and children in London to build safe lives and strong futures, free from male abuse and violence.

Helpline freephone:

0808 802 5565

**[advice@solacewomensaid.org](mailto:advice@solacewomensaid.org)**

**<https://www.solacewomensaid.org>**

## **Solace Women's Aid - Camden Refuges**

Camden Refuges provide specialist and safe temporary accommodation for up to six months in the form of 25 units of refuge accommodation across 4 sites for women and their children who are in crisis/risk of harm and have low to medium support needs.

**Contact 07483025192 or email**

**[refuge.referrals@solacewomensaid.org](mailto:refuge.referrals@solacewomensaid.org)**

## **Women@TheWell**

King's Cross drop-in centre is open from 12.30 pm to 3.30 pm from Monday to Thursday.

54-55 Birkenhead Street, London, UK WC1H 8BB  
020 7520 1710

**[info@watw.org.uk](mailto:info@watw.org.uk)**

**<https://www.watw.org.uk/>**

## **The Metropolitan Police**

If you're experiencing domestic abuse, they can put you in touch with other support organisations that understand your specific needs. Please visit their website

**<https://www.met.police.uk/advice/advice-and-information/daa/domestic-abuse/support-organisations/>**

# Domestic Abuse Services in Kings Cross



## **WeBelong.Life**

**201 Drummond Street, London, NW1 3FE**

Join us for a warm, welcoming afternoon of platonic touch and authentic connection. Our workshops are safe, supportive spaces to explore the power of innocent intimacy, consensual, and caring human contact.

**Contact: 07932 737 813 for a free women's ticket.**

## **Al-Aman Women's Support Service**

Al-Aman Women's Support Service provides safe and confidential support to Arabic speaking women and girls living in London who have experienced domestic abuse from either current or ex-partners or a family member.

Al-Aman offers the following services:

- Safety Planning
- Emotional Support
- Face-to-face and telephone support sessions
- Support Groups
- Advocacy including liaising with other agencies (e.g. home office, housing, solicitors etc.)

**Contact: 02085632250 or email DVIP.Al-aman@waythrough.org.uk**

## **Hestia domestic abuse refuges**

If you are looking for a space in a domestic abuse refuge, contact Hestia's Refuge Referral Line on **0808 169 9975, Monday to Friday, 10 am to 4 pm.**

# Riverside Disability Support in Kings Cross



## Government Support

### Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

### Access support at train stations

If you wish to book assistance but are not sure which train operator you are travelling with, you can call **0800 022 3720**. On calling, you will be referred to the appropriate train operator.

### Growing hope

Growing Hope King's Cross is a charity offering free therapy for children and young people (0-18) with additional needs. They also provide support for parents, carers and siblings through groups and courses.

King's House, 242 Pentonville Road, London, N1 9JY

St Saviour's Church, 79 Hanley Road, Finsbury Park, London, N4 3DQ  
07734 858 876

[kingscross@growinghope.org.uk](mailto:kingscross@growinghope.org.uk)

<https://growinghope.org.uk/kings-cross/>

### Action On Disability

A Disabled People's Organisation (DPO) led by and for Disabled Londoners, working together for independence, choice, control, and equality.

<https://aod.org.uk/>

### deafPLUS

Provide welfare and generalist advice to those residents who are deaf or hard of hearing in British sign language. Appointment bookings text only: Trinity Centre Key Close Whitechapel, E1W 2QD  
07392-776317/020 3001 1728

[www.deafplus.org](http://www.deafplus.org)

## Our LDN London

Community Hubs bring people together, tackle social isolation and address the effects of poverty on some of the capital's most vulnerable people.

LDN London, 16a Croxley Road, W9 3HL

020 8968 2696

[communityengagement@ldnlondon.org](mailto:communityengagement@ldnlondon.org)

<https://www.ldnlondon.org/find-support/ldn-community-hub/>

## Visually Impaired in Camden

A voluntary organisation of visually impaired people living and/or working in Camden.

Somers Town Community Centre, 150 Ossulton Street, NW1 1EE

[Rosemary@somerstown.org.uk](mailto:Rosemary@somerstown.org.uk)

## Camden Disability Action

They provide Disabled people with advice and advocacy support while also supporting them to lead the way in re-shaping services, activities, attitudes and mainstream culture so the borough works for all of us, no matter our differences.

**Disability Action advice line: 02038331125 or for text messaging only, use 07543572793 or email [advice@camdendisabilityaction.org.uk](mailto:advice@camdendisabilityaction.org.uk)**

## Camden Learning Disabilities Service

5 Pancras Square, N1C 4AG

CLDS is a health and social care team run by the council and the NHS. CLDS works with people with learning disabilities in Camden.

**Contact: 02079743737**

## Camden People First

215 Eversholt Street, Amptill Square, NW1 1DE

This organisation supports people with learning difficulties through peer to peer support, advocacy support and a membership for extra support.

**Contact: 02073882007 or email [info@camdenpeoplefirst.co.uk](mailto:info@camdenpeoplefirst.co.uk)**



# **Riverside** **Disability Support in** **Kings Cross**



## **Camden Council - Early Help for children and families**

- Free support service for families with children aged 0 to 19 in Camden
- Practical and emotional support with a range of life issues
- Working with you and your family to help make changes
- Helping you and your family to feel connected in your community.

**Contact: 02079743317 or email**  
**LBCMASHadmin@camden.gov.uk**

## **Camden Mosaic**

Kentish Town Health Centre, Bartholomew Road, NW5 2AJ

Camden MOSAIC is an integrated service for children and young people with disabilities, and their families. It aims to enable families to help their children to participate in family and community life.

**Contact: 02033172200**

## **Children and Young People Disability Service (Camden Council)**

Kentish Town Health Centre, 2, Bartholomew Road

(CYPDS) is a specialist Social Care provision for children and young adults with complex and profound disabilities. CYPDS works closely with a range of statutory and voluntary service providers including education, health and housing to ensure a holistic package of support.

**Contact: 02079744867 or email**  
**dutydct@camden.gov.uk**

## **Camden Cindex**

The Cindex local community information directory gives you access to thousands of services, organisations and groups in Camden with a single search

**<https://cindex.camden.gov.uk/kb5/camden/cd/home.page>**

## **Carers Support**

### **Camden and Islington Carers Support Group**

Support group for carers of people who are clients of the Camden and Islington NHS Foundation Trust.

211 Kings Cross Road WC1X 9DN

020 3317 6444

[peter.bishop@candi.nhs.uk](mailto:peter.bishop@candi.nhs.uk)

**<https://www.northlondonmentalhealth.nhs.uk/>**

### **Camden Carers Group and Activities**

The carers' group is for people currently caring for someone with a medical or long term condition, physical or learning disability, sensory impairment, dementia, mental health condition or substance dependency who could not manage without that support.

**020 7428 8950**

**[Jill@camdencarers.org.uk](mailto:Jill@camdencarers.org.uk)**

### **Camden Carers Services**

Offers information, advice and advocacy; emotional support, including counselling; breaks and social activities; training, including specialist training, e.g. dementia; health checks and workshops; volunteering, carer engagement and groups.

Charlie Ratchford Resource Centre, Camden Carers Service, Belmont Street, NW1 8HF

020 7428 8950

**[info@camdencarers.org.uk](mailto:info@camdencarers.org.uk)**

**[www.camdencs.org.uk](http://www.camdencs.org.uk)**

**For additional disability support services please download our National Support Directory**

# **Riverside** **Migrant and Multi- Cultural Support in Kings Cross**



## **Al-Aman Women's Support Service**

Al-Aman Women's Support Service provides safe and confidential support to Arabic speaking women and girls living in London who have experienced domestic abuse from either current or ex-partners or a family member.

Al-Aman offers the following services:

- Safety Planning
- Emotional Support
- Face-to-face and telephone support sessions
- Support Groups
- Advocacy including liaising with other agencies (e.g. home office, housing, solicitors etc.)

**Contact: 02085632250 or email DVIP.AL-aman@waythrough.org.uk**

## **Camden Multicultural Community Centre**

CMC CENTRE, 12 Crowndale Rd, NW1 1TT

A vibrant multicultural hub offering community language classes, youth mentoring, sports, training & employment support, women's social clubs, and regular multicultural community events.

## **Camden Chinese Community Centre**

9 Tavistock Pl, WC1H 9SN

Provide socially inclusive services that improve the conditions of life for inhabitants of Camden and people of surrounding boroughs who need support owing to age, disability, poverty, social and financial circumstances, and educate through the study of Chinese arts, culture and history.

**Contact: 020 7388 8883 or email info@camdenccc.co.uk**

## **Maiden Lane Community Centre - BAME Women's Empowerment Project**

156 St. Paul's Crescent, NW1 9XZ

Maiden Lane BAME Women's Project works with local volunteers in engaging and supporting women in the community. Our aim is to empower, integrate and educate them into living more fulfilling lives and enriching lives.

**Contact: 020 7267 9586 or email officemlcc@yahoo.co.uk.**

## **Henna Asian Women's Group**

Abbey Community Centre, 172 Belsize Road, Belsize Park, NW6 4BJ

Based at the Abbey Community Centre which is a safe and familiar place for women to meet, giving them a sense of belonging and attachment. They offer a range of multi-lingual services and activities. Services include:

- Monday Club - Chai with Henna
- Exercise classes
- Henna Forum
- Befriending
- Ageing Better
- Arts & Crafts

**Contact: 02073729860 or email info@hennaorg.co.uk**

## **Bengali Workers Association**

Surma Community Centre, 1 Robert Street, NW1 3JU

The organisation provides services that enable local people to manage their lives more effectively e.g. Advice & Advocacy, Employment and Training, Healthy Lifestyles, Older People's Service.

**Contact: 02073887313 or email info@bwa-surma.org**

**For additional migrant and multi-cultural support services please download our National Support Directory**



# **Riverside** **Migrant and Multi- Cultural Support in Kings Cross**



## **Eritrean Community In The UK**

84 Mayton St, London N7 6QT

Advice and information for the Eritrean community, including refugees and asylum seekers. Subjects include benefits, immigration, housing, social services, training, family issues and education, business set-up.

**Contact: 02077007995 or email  
office@ericomuk.org.uk**

## **Holy Cross Centre Trust (HCCT)**

St Pancras Refugee Project (SPaRC), The Crypt, Holy Cross Church, Cromer Street, WC1H 8JU  
Offering a specialist who can help with advice & advocacy, provide casework service in areas of welfare rights, housing, community care, asylum support & immigration.

**Contact: 02072784223. Drop in sessions:  
Wednesday 12 pm to 3pm and Friday 12 pm to 3 pm**

## **African Development Society**

150 Ossulston Street, NW1 1EE

BME grass root community organisation. A) SFSC parenting courses B) Health and wellbeing workshops C) youth and schools liaisons D) Elderly support E) basic advice, information, language support.

**Contact: 07960362545 or email  
info@adsociety.org.uk**

## **Highgate Black Women**

Old Diorama Arts Centre, Regent's Place, 201 Drummond St, NW1 3FE

Support group for black women in inner London.

**Contact: 07495441354 or email  
hello@highgateblackwomen.com**

## **African Physical Training Organisation (APTO)**

21 Riverfleet Birkenhead Street, WC1H 8BJ

Provides Education, Sport, Arts, IT, Translation.

**Contact: 07405665004 or email  
kasongo\_lunda@aol.com**

## **Algerian British Connection**

187 Pentonville Road, N1 9NZ

Algerian British Connection (ABC) is an independent charity that works to foster cultural links between Britain and Algeria, to support the Algerian community in the UK, to promote Algerian arts, culture and traditions.

**Contact: 07956552829 or email  
mounahamitouche@yahoo.co.uk**

## **British Somali Community Centre**

7 - 9 Crowndale Rd, NW1 1TU

The British Somali Community Centre is a community organisation working to ensure improved civic participation and equitable access to services for BAME communities.

**Contact: 02073832803 or email  
info@britishsomali.org**

## **Camden Somali Cultural Centre**

2C Falkland Road, NW5 2PT

Their mission is to uplift the community by celebrating culture, elevating education and empowering through advocating.

**Contact: 02081543051 or email  
info@somaliculturalcentre.org**

## **Nafsiyat**

Therapy sessions in Arabic and English, specifically targeting male refugees and asylum seekers.

**Contact: 02072636947**

**For additional migrant and multi-cultural support services please download our National Support Directory**

# Riverside Women's Groups in Kings Cross



## Women's Groups

### **WeBelong.Life**

Join for a warm, welcoming afternoon of platonic touch and authentic connection. Our workshops are safe, supportive spaces to explore the power of innocent intimacy, consensual, and caring human contact.

201 Drummond Street, London, NW1 3FE

**Contact: 07932 737 813 for a free women's ticket.**

### **Castlehaven Community Association - Women's Club**

Every Tuesday between 11:30am-1:30pm, our Community Centre kitchen is open to women who want to relax, meet over hot soup and a warm cup of tea, do a puzzle, or learn how to knit.

23 Castlehaven Road, Camden Town, NW1 8RU

**Contact: 02074853386 or email  
info@castlehaven.org.uk**

### **Hopscotch - Women's Centre**

They aim to improve the physical, mental and emotional health and wellbeing of women and their families.

50-52 Hampstead Road, NW1 2PY

**Contact: 02073888198**

### **Crossroads Women's Centre**

Crossroads Women's Centre brings together women from different ages, backgrounds and communities to share experiences, and learn from and support each other. It is a place of safety for vulnerable and low-income women.

25 Wolsey Mews, NW5 2DX

**Contact: 02074822496 or email  
contact@crossroadswomen.net**

### **The Kosmos Centre**

We offer a variety of services and activities designed to address the evolving needs of local residents. This includes general advice, free legal assistance, advocacy, and a diverse selection of well-being, social, cultural, and recreational events tailored primarily for BMEA women and their families.

2c Falkland Road, NW5 2PT

**02072677194**

### **Highgate Black Women**

A support group created during covid March 2022 by visionary leader Zia Teshome, who saw a gap in, in-person support groups for black women in inner London.

Old Diorama Arts Centre, Regent's Place, 201 Drummond St, NW1 3FE

**Contact: 07495441354 or email  
hello@highgateblackwomen.com**

### **Henna Asian Women's Group**

Based at the Abbey Community Centre which is a safe and familiar place for women to meet, giving them a sense of belonging and attachment. Here we offer a range of multi-lingual services and activities. Services include:

- Monday Club - Chai with Henna
- Exercise classes
- Henna Forum
- Befriending
- Ageing Better
- Arts & Crafts

Abbey Community Centre, 172 Belsize Road, Belsize Park, NW6 4BJ

**Contact: 02073729860 or email  
info@hennaorg.co.uk**

# **Riverside** **Women's Groups in** **Kings Cross**



## **Maiden Lane Community Centre - BAME Women's Empowerment Project**

**156 St. Paul's Crescent, NW1 9XZ**

Maiden Lane BAME Women's Project works with local volunteers in engaging and supporting women in the community. Their aim is to empower, integrate and educate them into living more fulfilling lives and enriching lives.

**Contact: 020 7267 9586 or email  
officemlcc@yahoo.co.uk.**

## **WinVisible (women with visible & invisible disabilities)**

Multi-racial grassroots group of women with visible and invisible disabilities based at the Crossroads Women's Centre in Kentish Town.

25 Wolsey Mews, London, NW5 2DX

020 7482 2496

**win@winvisible.org**

**www.winvisible.org**

# Riverside Men's Groups in Kings Cross



## Local Support

### **Mental Health Camden - Camden Town Shed**

Their workshop offers woodwork (joinery, turning, sculpture, marquetry etc) in open sessions on Tuesdays 10am-4pm (men only)

Maiden Lane Community Centre, 156 St Paul's Crescent, NW1 9XZ

**Contact: 07757024749 (Mike Jenn).**

### **Mental Health Camden - Camden Listening and Counselling Centre (CLCC)**

Their workshop offers woodwork (joinery, turning, sculpture, marquetry etc) in open sessions on Tuesdays 10 am to 4 pm (men only).

**Contact: 07757024749 (Mike Jenn).**

### **Meitheal London Irish Centre (LIC) Men's Group** **50-52 Camden Square, NW1 9XB**

The group acts as a 'space to be together' and converse regarding well-being and possibly fulfil a need to have a social/personal space to talk about interests, worries and beliefs. The group runs in-person at Kennedy Hall at the London Irish Centre in Camden fortnightly on Tuesdays from 11:00am-12.30pm. We meet in a private room to respect confidentiality.

**Contact: 02079162222**

### **CastleHaven Community Centre - Men's Club**

**23 Castlehaven Road, Camden Town, NW1 8RU**

Every Monday between 11am-1pm, they will opening up their community kitchen for men to drop in, relax, play games, and enjoy a delicious bowl of homemade soup and a cuppa.

**Contact: 02074853386 or email**  
**info@castlehaven.org.uk**

### **Nafsiyat**

Therapy sessions in Arabic and English, specifically targeting male refugees and asylum seekers.

**Contact: 02072636947**

### **Plan C**

Organises group activities for local men. Current activities include: Healthy cooking on a budget, and Lunch Club; music Somers Town Community Centre 150 Ossulton Street NW1 1EE

**07505 676 706**

**<https://planc2011.wordpress.com/>**

# LGBTQ+ Support in Kings Cross



## Local support

### **Forum+**

**54 Chalton St, NW1 1HS**

forum+ provides services to support victims of homophobic, biphobic and transphobic hate crime and discrimination. forum+ organises the annual Camden & Islington LGBT History Month programme which celebrates and showcases local LGBT history and heritage.

**Contact: 02073885720 or email [info@forumplus.org.uk](mailto:info@forumplus.org.uk)**

### **CastleHaven Community Centre - LGBTQ+ Community Hub**

**23 Castlehaven Road, Camden Town, NW1 8RU**

The Black Cap Community Hub is a laid-back weekly sober social for LGBTQ+ people and friends in Camden. Hosted by the Black Cap Community, there will be an optional activity such as collage making, cooking or watching a film each week, as well as soft drinks and snacks (including vegan and gluten-free).

**Contact: 02074853386 or email [info@castlehaven.org.uk](mailto:info@castlehaven.org.uk)**

### **Mosaic Trust**

**LABS Atrium, Stables Market, Chalk Farm Rd, NW1 8AH**

Mosaic's mission is to enhance and sustain the health and wellbeing of the young LGBT+ community by providing activities, programs, and services that support, educate, and inspire our members.

**Contact: 07550124393 or email [info@mosaictrust.org.uk](mailto:info@mosaictrust.org.uk)**

## **London Friend**

**86 Caledonian Road, N19DN**

A long-running charity supporting the health & mental wellbeing of the LGBTQ+ community in and around London.

**Contact: 02078331674 or email [office@londonfriend.org.uk](mailto:office@londonfriend.org.uk)**

## **Mind in Camden**

A free support group for LGBTQIA+ people, facilitated by LGBTQIA+ community members.

Details:

- Meets 2nd & 4th Thursday of each month, 3–4pm.
- Safe, confidential peer-support environment.

**Contact for referral: 020 7 911 0822 or here: <https://www.mindincamden.org.uk/services/free-support-groups/lgbtqia-peer-support-group>**

# Riverside Additional Support in Kings Cross



## Sexual Violence Support

### **Silent Solution**

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

### **Rape Crisis**

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened.

**0808 500 2222** open 24 hours a day  
**<https://rapecrisis.org.uk/get-help/>**

### **Galop**

A UK LGBT+ anti-abuse charity, provides a dedicated sexual violence helpline for LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

**Victims can contact the Helpline by phone 0800 999 5428 or via email [help@galop.org.uk](mailto:help@galop.org.uk)**

### **Women Against Rape**

Multiracial organisation. Offers self-help support and rights information to women and girls who have been raped or sexually assaulted.

Crossroads Women's Centre, 25 Wolsey Mews  
NW5 2DX

020 7482 2496 [war@womenagainstrape.net](mailto:war@womenagainstrape.net)  
**[www.womenagainstrape.net](http://www.womenagainstrape.net)**

## **National Online Helpline for Male Survivors**

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

**<https://www.survivorsuk.org/>**

## **The Survivors Trust**

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

**08088 010818**

**[info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)**

More information can be found at  
**[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)**

## Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** to report

Reporting online -

### **Stop Hate UK**

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

**0800 138 1625 Text: 07717 989 025**

**Text relay: 18001 0113 293 5100**

**Webchat at <https://www.stophateuk.org/talk-to-us>**

### **Victim Support: (24/7 support)**

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. You don't have to report a crime to get help from Victim Support.

**0808 16 89 111**

Live chat available by visiting

**<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>**