

## HELPLINES

National Rape Crisis helpline: 0808 802 9999 **between 12 noon – 2.30pm and 7 – 9.30pm any day of the year and also between 3 - 5.30pm on weekdays** for confidential support and/or information about your nearest services.

24hr National Domestic Violence Helpline- 0808 2000 247- **The 24 Hour National Domestic Violence Helpline, for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.**

### Men and Boys:

**Safeline Five Million Men Helpline- 0808 800 5005**– dedicated service for men affected by rape or childhood sexual abuse. Christmas opening times: Saturday 24th December: 10-12, Wednesday 28th December: 10-4pm, Thursday 29th December: 8-8pm, Friday 30th December: 10-4pm, Saturday 31st December: 10-12pm, Sunday 1st January: closed, Monday 2nd January: Closed, Tuesday 3rd January: 8-8pm

#### Survivors UK:

Helpline Web Chat 28 December -31 December, Open 12pm to 4pm  
<https://www.survivorsuk.org/ways-we-can-help/web-chat/>

**Men's Advice Line- 0808 801 0327**- Help and support for male victims of domestic violence. Christmas opening times: open 9-5 every day except bank holidays.

## Mental Health Support

### Brighton & East Sussex:

#### Sussex Mental Health Line

The Sussex Mental Health Line is there to offer support and point you in the right direction about where to get help should you need it. The number is 0300 5000 101.

5pm onwards through the night and over the weekend – 20 minutes calls at a time.

### Crisis support:

**Mental Health Rapid Response Service (Brighton and Hove Residents only) 0300 304 0078** call for a crisis support and assessment, 24 hours a day.

**Samaritans provide help and support to people in a crisis 24 hours a day, seven days a week.** Contact them by phone on 116 123 or visit [www.samaritans.org](http://www.samaritans.org).