



Dawlish Town Council is proudly working towards making
Dawlish a caring a safer town



Help is just a phone call or click away

Samaritans	General support and advice	116 123 (24hrs)
MIND	Mental health helpline	0300 1233393 (Mon-Fri 9-6)
Domestic Abuse	Refuge and support	0808 200247 (24hr)
NHS	Covid19 or health concerns	111 (24hr)
Alcoholic Anonymous	Alcohol advice/support	0800 9177650 (24hr)
UK Narcotics Anonymous	Drug advice/support	0300 9991212 (10am-12am)
GAMcare	Gambling advice/support	0808 8220133 (24hr)
National Debtline	Debt advice/support	0808 8084000
The Silver Line	Loneliness support for older people	0800 4708090 (24hr)
CALM	Mental health concerns for MEN	0800 585858 (5pm-12am daily)
Childline	Support for young people or children	0800 1111 (24hr)

If someone's life is at immediate risk, call 999

For a full list of helplines and weblinks go to:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines>

Dawlish Town Council Mental Wellbeing and Suicide Prevention Working Group