



## England, Wales and Scotland – Signposting List 2019

Calls to 0330 and 0345 numbers cost the same to call as normal local or national numbers from a UK landline and are included within 'free' minutes allowance on mobile phones. Calls to 0800 numbers are free from both landlines and mobiles.

### Sexuality and Gender (LGBT)

England and Wales: Stonewall - [www.stonewall.org.uk](http://www.stonewall.org.uk)

Scotland: Stonewall Scotland - [www.stonewallscotland.org.uk](http://www.stonewallscotland.org.uk)

### Bereavement

England and Wales: Cruse Bereavement Care - [www.cruse.org.uk](http://www.cruse.org.uk) / 0844 477 9400

Scotland: Cruse Bereavement Care Scotland - [www.crusescotland.org.uk](http://www.crusescotland.org.uk) / 0845 600 2227

### Race and Race Related Hate Crime

England and Wales: Show Racism the Red Card - [www.theredcard.org](http://www.theredcard.org)

Scotland: the same

### Hate Crime

England and Wales: True Vision - [www.report-it.org.uk](http://www.report-it.org.uk)

Scotland: Hate Crime Scotland - [www.hatecrimescotland.org](http://www.hatecrimescotland.org)

### Homelessness

England and Wales: Homeless UK - [www.homelessuk.org](http://www.homelessuk.org)

Scotland: Shelter Scotland - [www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk)

### Sexual Health and Family Planning

England and Wales: Brook UK - [www.brook.org.uk](http://www.brook.org.uk)

Scotland: Sexual Health Scotland - [www.sexualhealthscotland.co.uk](http://www.sexualhealthscotland.co.uk)

### HIV Support

England and Wales: The Terrence Higgins Trust - [www.tht.org.uk](http://www.tht.org.uk) / 0808 802 1221

Scotland: HIV Scotland - [www.hivscotland.com](http://www.hivscotland.com)

### Staying Safe Online

England and Wales: Think U Know and The Child Exploitation and Online Protection Centre - [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) / [www.ceop.police.uk](http://www.ceop.police.uk)

Scotland: the same

## Rape and Sexual Assault

England and Wales: Rape Crisis UK - [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) / 0808 802 9999

Scotland: Rape Crisis Scotland - [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk) / 08088 01 03 02

## Drug and Alcohol Addiction

England and Wales: Addaction UK - [www.addaction.org.uk](http://www.addaction.org.uk)

Scotland: the same

## Bullying

Disrespect Nobody

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

## Mental Health Care

PAPYRUS

Supporting teenagers and young adults feeling suicidal

0800 068 41 41

## Useful Apps:

**Chasing the stigma**

<https://chasingthestigma.co.uk/hub-of-hope/>

**Woebot**

Download from App store/Google store