

IMPORTANT NUMBERS LONDON BOROUGH OF HACKNEY


LIFE THREATENING EMERGENCY

 Dial 999


REFUGE

Advice on dealing with
domestic violence

www.refuge.co.uk


 0808 2000 247


National Domestic
Violence Helpline


 0808 2000 247

*Call 999 in emergencies. If it is
unsafe for you to speak aloud,
dial 999 and press 55 to make
a silent call.*


MENTAL HEALTH CRISIS

Crisis Helpline
 020 8432 8020

Text 'SHOUT' to
 85258

Samaritans
 116 123

NON-URGENT MENTAL HEALTH

Mind
 0300 123 3393
www.mind.org.uk


Mental Health Foundation
www.mentalhealth.org.uk

CORONAVIRUS SUPPORT HELPLINE

 020 8356 3111
Monday-Friday
9am – 5pm

CHILD PROTECTION

Hackney Children &
Families Services
 020 8356 5500


Out of hours emergency
 020 8356 2710

NSPCC
 0808 800 5000
www.nspcc.org.uk

MONEY AND DEBT ADVICE


Benefits Contact Line
 020 8356 3399

Debt Advice Foundation
 0800 043 40 50

National Debtline
 0808 808 4000

FOOD SUPPORT

Hackney Foodbank
 0808 2082138
Monday-Friday
10am-4pm

Hackney Council
 020 8356 3111