



HOLIDAY CLOSURE DATES

Our practice site and online services will be closed from 5pm Friday 20th December 2024 until 9am Thursday 2nd January 2025. We will not be checking emails or taking calls during this time. If you are struggling and need support please contact:



Samaritans

Call 116 123
jo@samaritans.org

Men's Advice Line

(male victims of domestic abuse)
0808 801 0327
mensadviceline.org.uk

NHS

Call 111 (Dial 2 for a mental health crisis)

Text **SHOUT** to 85258 for 24/7 crisis support

Switchboard (LGBTQIA+)

Call 0300 330 0630
chris@switchboard.lgbt

Childline (under 25's)

Call 0800 1111

National Domestic Abuse Helpline

0808 2000 247
nationaldahelpline.org.uk

Silver Line (over 55's)

Call 0800 4708 090

If you don't feel like you can keep yourself safe please call 999 in an emergency

