

Health		
NHS	111	nhs.uk
Hampshire Dyslexia Association		hantsda.org.uk hantsda.helpline@gmail.com
British Dyslexia Association Helpline	0333 405 4555 0333 405 4567	bdadyslexia.org.uk
Epilepsy Action	0808 800 5050	epilepsy.org.uk
MacMillan Cancer Support	0808 808 0000	macmillan.org.uk
Terrence Higgins Trust <i>Sexual health & HIV advice</i>	0808 802 1221	tht.org.uk info@tht.org.uk
Mental Health		
Bridge Centre <i>Adult mental health</i>	01256 316300	
YPI Counselling <i>Young People 11-25 yrs</i>	01256 423878	
Dementia Support Memory Tree—URC	01256 242152(Weds 10.30-12)	basingstokeurc.org.uk
Memory Club—Viabes	01256 473634 07564 349802	office@viabes.org.uk viabes.org.uk/
Local Services		
Citizens' Advice Basingstoke	0808 2 78 78 29 Free Phone Advice Line Only	basingstokeandtadleycab.org.uk clerical@basingstoke.cabnet.org.uk
Courts - Basingstoke Magistrates' Enquiries	01256 318200	ha.basmags@justice.gov.uk
Police	111 Non-emergency 999 Emergency	
Job Centre	0800 055 6688 (new benefit) 0800 169 0190 (appointments)	
Basingstoke & Deane Council	01256 844844	basingstoke.gov.uk



Guide to Helpful Services in & around Basingstoke

	Phone / text	Website / email
Abuse		
Basingstoke Council domestic abuse <i>advice and information</i>		basingstoke.gov.uk/domestic-abuse
North Hants Domestic Violence project	01256 816004	
Refuge <i>Women's 24 hr helpline</i>	0808 2000 247	nationaldahelpline.org.uk
Men's Advice Line <i>domestic abuse</i>	0808 8010 327	mensadviceline.org.uk
Rape Crisis <i>Including men & boys</i>	0808 802 9999	rapecrisis.org.uk
LGBT Abuse Helpline	0300 999 5428	
Victim Support <i>Hampshire</i>	0845 070 3002	victimsupport.org.uk
Karma Nirvana <i>Supporting victims of honour-based abuse and forced marriages</i>	0800 599 9247	karmanirvana.org.uk
Women's Aid		womensaid.org.uk helpline@womensaid.org.uk chat.womensaid.org.uk
Addiction		
Alcoholics Anonymous	02380 223 198 (24hr info line) 0800 9177 650	help@aamail.org
Narcotics Anonymous	0300 999 1212 (10am - midnight)	ukna.org
Al-Anon/Alateen	0800 008 6811	enquiries@al-anonuk.org.uk
Community Alcohol Service	01256 818210	
Talk to Frank (<i>information about addictive substances</i>)	0300 123 6600	talktofrank.com
NHS Inclusion Recovery Hants <i>Support for those affected by drugs & alcohol</i>		inclusionhants.org
Council Alcohol & Drugs Awareness		basingstoke.gov.uk/support
Bereavement		
The Good Grief Trust		thegoodgrieftrust.org
Cruse Bereavement Support National helpline Basingstoke	0808 808 1677 01256 862264	cruse.org.uk

Child Abuse		
NSPCC	0808 800 5000	nspcc.org.uk
Children's Support and Counselling		
Childline <i>Support & Counselling for children and young people up to 19 yrs</i>	0800 1111	childline.org.uk
Catch 22 <i>Support for 11-16 year olds</i>	0845 459 9405	catch-22.org.uk
Community Support		
Age UK National Advice Local Advice Reading Basingstoke	0800 678 1602 (8am-7pm) 0118 950 2480 01256 423874	ageuk.org.uk
Age Concern Café <i>at St Michael's Church</i>	01256 423874	
Basingstoke Town Chaplaincy	01256 842232	basingstoketownchaplaincy.org.uk admin@basingstoketownchaplaincy.org.uk
Community First Wellbeing		cfirst.org.uk/wellbeing/
Community Furniture Project	01256 320700	cfpnewbury.org/basingstoke.php
Disability Support Services		ConnectToSupportHampshire.org.uk
Dial A Ride Booking	01256 462101 or 01256 574401	cfirst.org.uk terry.mack@cfirst.org.uk
Disability Access Checker		disabledgo.com
Families Support		hampshirehealthyfamilies.org.uk
Foodbank	07722 673645 07941 336464	
Home-Start <i>Support for families</i>	01256 325 793	homestart-nwhampshire.org.uk/ info@homestart-nwhampshire.org.uk
Loneliness Coffee Shops <i>offering low-cost coffee & friendship:</i>	Café Dome (Brighton Hill Shops) Oasis Café (URC, London Road) Mug & Biscuit (St Andrews Church, South Ham) Community Café , Brighton Hill (Hill Rise Hall, Gershwin Rd)	thecafeproject.co.uk nationalchurchestrust.org/church/london-street-urc-basingstoke <i>From 6th September 2022 Tues, Weds, Thurs mornings TBC. Pay What You Can</i> Wed 10.30am-12.30pm
NeighbourCare	01256 423855	neighbourcare.com info@neighbourcare.com
Non-English Speaking English Café , Sarum Centre Every Thursday (term time) 1:15pm - 2:45pm	01256 316003	hello@hopebasingstoke.org hopebasingstoke.org/english-cafe
Rainbow Trust <i>Supporting children with a Life-limiting or terminal illness</i>	07749 416062	rainbowtrust.org.uk/

Salvation Army	01256 328178	salvationarmy.org.uk/basingstoke
SSAFA Armed forces charity	0800 260 6767	ssafa.org.uk
ShopMobility	01256 476066	shopmobilitybasingstoke.org/
Street Pastors Basingstoke	07900 494662	streetpastors.org/locations/basingstoke/ basingsstoke@streetpastors.org.uk
The Safe <i>Pregnancy choices & support</i>	01256 460100	the-safe.org.uk enquiries@the-safe.org.uk
Counselling		
Cedar Tree Counselling	01256 356923	cedartreecounsellingbasingstoke.co.uk
Counselling Service	01256 843125	
Relate (B'stoke) <i>Relationships counselling</i>		relatenorthhampshire.org.uk relate.org.uk enquiries@relate.org.uk
Crisis		
Samaritans (UK)	116 123	samaritans.org/branches/basingstoke/ jo@samaritans.org
SHOUT <i>Crisis line, if in distress</i>	text shout to 85258 (free)	giveusashout.org
Debt		
Money Lifeline Basingstoke	01256 351026	moneylifelinebasingstoke@gmail.com
National Debtline	0808 808 4000	nationaldebtline.org
CAP Christians Against Poverty	0800 328 0006	capuk.org
Homelessness & Housing		
StreetLink <i>Members of public can connect rough sleepers with local support services.</i>		streetlink.org.uk
May Place	01256 840110	
Camrose Centre	01256 320877	info@thecamrosecentre.org
Julian House	01256 322 791	julianhouse.org.uk/service/outreach-basingstoke/ basingstoke-outreach@julianhouse.org.uk
First Point (Housing support)	01256 423805	
Vivid Housing Association	01256 338800	vividhomes.co.uk
Kingfisher Housing Association	01256 302302	
Shelter Housing		england.shelter.org.uk