











Useful Phone Numbers

See also <http://www.standbrook-guides.com/> for more local information about local services, organisations, clubs and businesses.

Age Concern  01633 240 190	Provides advice and information for the over 50s.
Alcoholics Anonymous  01792 301 907	AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics.
CALL  0800 132 737	We are here to listen to your problems and try to find someone to help
CHILDLINE  0800 11 11	Is the free 24 hour help line for children and young people in the UK.
CITIZEN'S ADVICE BUREAU  08444 772 020	Helps people resolve their legal, money and other problems by providing free information and advice.
CRUSE IN GWENT  01633 251 982	One to one bereavement counselling and support email:gwent@cruse.org.uk
FARM CRISIS NETWORK  08453 679990	Helping farming people through difficult times
GAP (Gwent Alcohol Project)  01633 252045	Free confidential information and counselling for anyone over 16 concerned about their own drinking or that of a relative or friend
GRASS ROUTES COMMUNITY BUS  0800 0858 015	Low cost flexible community transport for rural Monmouthshire
HAFAL  07779 018079	Support for individuals whos lives have been affected by severe mental illness
MIND  01873 858275	Promotes good mental health through support, information, and direct services
NHS DIRECT	Confidential help line can give you health advice and

 0845 4647	information 24 hours a day, 365 days a year
NSPCC  0808 100 2524	Free service to children, young people and adults who have concerns about child protection or want advice or support from qualified staff
PARENTLINE PLUS  0808 8002222	24 hour independent provider of parent support in the country and all services are free to parents and carers
RABI  01865 727888	Royal Agricultural Benevolent Institute. Dedicated to helping members of the farming community suffering financial hardship
RELATE  01600 715717	Working to promote health, respect and justice in couple and family relationships
RURAL STRESS HELPLINE  08450 948286	A service supporting individuals, groups, academics and organisations who are in distress in rural areas
SAMARITANS  08457 90 90 90	Helping those suffering from emotional distress or experiencing suicidal thoughts
SANELINE  08457 678 000	Emotional support, crisis care, and information on local and national services for anyone affected by a mental health problem
SOBS  0844 561 6855	Survivors of Bereavement by Suicide. Support network for all those who have lost a friend or family member by suicide
TALK TO FRANK DRUGS LINE  0800 776600	Friendly, confidential drugs advice
VICTIM SUPPORT WITNESS SERVICES  0845 3030900  01873 859081	Free confidential support for victims of crime and witnesses attending court
Wales Drug & Alcohol Helpline	

 0800 633 5588	
WOMEN'S AID MONMOUTHSHIRE  01873 859 011	Refuge, support and information for women and children experiencing domestic abuse