



SupportLine

We offer confidential emotional support on a wide range of issues to people of all ages, particularly those who are socially isolated, vulnerable or at risk.

Using telephone support, email and postal support we can support you before you reach the point of crisis. We also keep a database of other agencies throughout UK and can refer you to local support when needed.

We take calls on the following issues:

- relationships
- child abuse
- domestic violence
- sexual assault and rape
- panic attacks
- bullying
- exam stress
- anger
- anxiety
- loneliness
- eating disorders
- debt
- depression
- self-harm and many others

When is it on?

Time of day	Morning Afternoon Evening
Session information	Telephone helpline open Tuesdays Wednesdays Thursdays 6pm to 8pm and email support open every day and we aim to respond within 48 hours

Who to contact

Contact name	Geri Burnikell
Contact position	Co-ordinator
Telephone	Admin: 01708 765 222 Helpline: 01708 765 200
E-mail	info@supportline.org.uk
Website	www.supportline.org.uk
Notes	Charity number 1097419

Where to go

Name SupportLine
Address PO Box 2860
Romford
Essex
Postcode RM7 1JA

Other details

Referral required? No
Referral and availability notes People self refer.

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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