New Forest Staff Wellbeing Support

Mental Health & Wellbeing

New Forest Wellbeing Centres – 01425 620642
solentmind.org.uk
Local wellbeing courses and support

Advice & Financial Support

Citizens Advice (New Forest) – 0808 278 7860
newforestcab.org.uk
Free advice on money, housing & work

Christians Against Poverty – 01274 760720
capuk.org
Debt counselling and budgeting help

Food Support

Trussell Trust Foodbank Helpline – 0808 208 2138
trussell.org.uk
Emergency food and cost of living support

Addiction Support

Alcoholics Anonymous – 0800 917 7650
alcoholics-anonymous.org.uk
Confidential support for alcohol issues

LGBTQ+ Support

Switchboard LGBT+ Helpline – 0800 0119 100
switchboard.lgbt
Confidential support 10am–10pm daily

Need Urgent Support?

Samaritans – 116 123 (24/7)
Shout – Text 85258
NHS – Call 111