Your support sheet

Support contacts last verified 28 October 2026

#DEFINITIONREDEFINED

999

In immediate danger, call 999. On a mobile and can't speak? Listen, then press **55** when prompted.

Your survey, your choice

Your answers are private. Nobody at the gathering can see them. Skip any question, pause or stop at any time. The survey and gathering are not monitored emergency services.

By and for Black women: abuse, safety and advice

Who and what	How to reach them
Sistah Space Women and families of African and Caribbean heritage affected by domestic and sexual abuse. Advocacy, housing and childcare support.	**020 7846 8350** (office Mon–Fri 11am–5pm) or the triage form at sistahspace.org
Southall Black Sisters Black and minoritised women facing abuse, including immigration and no-recourse issues.	Helpline **020 8571 0800**, Mon–Thu 10am–4pm. Interpreters available.
London Black Women's Project Black, minority ethnic and refugee women and girls 12+ in East London and Haringey: counselling, refuge, advocacy.	**020 8472 0528**, Mon–Fri 9.30am–5.30pm · info@lbwp.online
FORWARD African diaspora women and girls: FGM support and one-to-one help.	Support line **020 8960 4000** (ext 1) or **07834 168141**, Mon–Fri 9.30am–5.30pm · support@forwarduk.org.uk
BAWSO (Wales) Black and minority ethnic communities: domestic abuse, FGM, forced marriage, trafficking.	24-hour helpline **0800 731 8147**
Amina MWRC (Scotland) Muslim and minority ethnic women across Scotland.	Helpline **0808 801 0301**, Mon–Fri 10am–4pm
Shakti Women's Aid (Edinburgh) Black and minority ethnic women, children and young people affected by domestic abuse.	**0131 475 2399** · info@shaktiedinburgh.co.uk
Imkaan Finds specialist 'by and for' services for Black and minoritised women near you. Not a crisis service.	imkaan.org.uk

Mental health and wellbeing for Black women

Who and what	How to reach them
Thelma Matilda Alves Foundation Mental health resources for women of African and Caribbean descent, with access to counselling where appropriate.	thelmamatildaalvesfoundation.com
Black Minds Matter UK Black mental health information and resources. Not a crisis service; not currently taking new therapy referrals.	blackmindsmatteruk.com · info@blackmindsmatteruk.com
Woman's Trust (London) Free counselling and support groups for women who have experienced domestic abuse.	**020 7034 0303**, Mon–Fri 9.30am–5pm · office@womanstrust.org.uk
Nilaari (Bristol) Black-led, culturally sensitive talking therapies for racialised communities.	**0117 952 5742**
Saheliya (Edinburgh & Glasgow) Mental health and wellbeing for Black, minority ethnic, refugee and migrant women and girls 12+.	saheliya.co.uk

Health, maternity and cancer

Who and what	How to reach them
Five X More Black maternal health information, advocacy and the Black Maternity Experiences survey.	fivexmore.org
The Motherhood Group Black mothers: peer support, counselling and doulas (Lambeth and Southwark).	themotherhoodgroup.com
Black Women Rising Cancer support for women of colour, including a weekly nurse support line.	blackwomenrisinguk.org · foundation@leannepero.com
From Me To You Cancer support for Black people living with or beyond cancer, and their families.	**07534 804434** · info@frommetoyou-uk.org
Sickle Cell Society Support and information on sickle cell.	Mon–Fri 9am–5pm: Mon & Tue **07842 245980** · Wed **020 8961 7795** · Thu & Fri **07809 736089**

Someone to talk to now

Who and what	How to reach them
Samaritans Anyone, about anything.	**116 123** free, 24/7 · Welsh line **0808 164 0123**
Shout Text support if you are struggling to cope.	Text **SHOUT** to **85258**, free, 24/7
NHS urgent mental health Urgent help when it isn't an emergency.	England: **111**, choose the mental health option (24/7). Wales: **111, press 2**. Scotland: **111** (NHS 24).
SANEline Out-of-hours emotional support.	**0300 304 7000**, 4pm–10pm every day
CALM Anyone who is struggling.	**0800 58 58 58**, 5pm–midnight every day, or webchat
National Suicide Prevention Helpline UK If you are having thoughts of suicide.	**0800 689 5652**, 6pm–midnight every day
Mind Infoline Information about mental health and local services.	**0300 123 3393**, Mon–Fri 9am–6pm
Rethink Mental Illness Advice on mental health, care and benefits.	**0808 801 0525**, Mon–Fri 9.30am–4pm
Childline Anyone under 19.	**0800 1111** free, 24/7, or 1-2-1 chat online
The Mix Young people 25 and under.	Text **THEMIX** to **85258**, 24/7 · themix.org.uk

Abuse and safety (all services)

Who and what	How to reach them
National Domestic Abuse Helpline (Refuge) Anyone experiencing domestic abuse.	**0808 2000 247** free, 24/7 · live chat Mon–Fri 10am–10pm, weekends 10am–6pm · BSL Mon–Fri 10am–6pm
Galop LGBT+ people experiencing abuse or violence.	**0800 999 5428** · help@galop.org.uk · weekdays; check times at galop.org.uk
Women Against Rape / Black Women's Rape Action Project Support, legal information and advocacy for survivors of sexual and racist violence.	womenagainstrape.net
Rights of Women Free legal advice for women in England and Wales (family, criminal, immigration, sexual harassment at work).	Check current advice-line times at rightsofwomen.org.uk

Bereavement

Who and what	How to reach them
Cruse Bereavement Support If you are overwhelmed by grief.	**0808 808 1677**, Mon, Wed–Fri 9.30am–5pm; Tue 1pm–8pm
Suicide&Co Adults bereaved by suicide (England & Wales).	**0800 054 8400**, Mon–Fri 9am–5pm
Marie Curie Support Line Bereavement and end-of-life support.	**0800 090 2309** · support@mariecurie.org.uk

Money, housing and work

Who and what	How to reach them
National Debtline Free, impartial debt advice.	**0808 808 4000**, Mon–Fri 9am–8pm, Sat 9.30am–1pm
Citizens Advice Benefits, housing, debt, discrimination and more.	England **0800 144 8848**, Mon–Fri 9am–5pm (Relay UK 18001 0800 144 8848) · Wales Advicelink **0800 702 2020**, Mon–Fri 8am–7pm, Sat 9am–1pm
StepChange Free online debt advice, 24/7.	stepchange.org
Turn2us Benefits calculator and charitable grants search.	turn2us.org.uk
Acas and Shelter Workplace rights (Acas) and housing advice (Shelter).	acas.org.uk · shelter.org.uk

Ongoing support

Your GP can help, and in many areas you can refer yourself to **NHS Talking Therapies**. Helplines listen and signpost; they don't usually provide ongoing therapy.

Today's contacts

Welfare contact at this gathering:

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Host:

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After today

Want to add to your answers? The survey is open at **soulpurpose360.co.uk/definition-redefined** until **31 January 2027**.

Using a shared or monitored phone? Use private browsing and clear your history afterwards.

Questions about safeguarding or access? Email **definitionredefined@soulpurpose360.co.uk**
Monitored Monday to Friday, 10am–5pm. We aim to reply within three working days. This inbox is not an emergency service — if anyone is in immediate danger, call 999.

Your experience is yours. Thank you for being here.

Version 1.3 (28 October 2026): added specialist organisations by and for Black women, plus mental health, maternity, cancer, bereavement and money services, including services from Black Minds Matter UK's *Crisis Lines and Support Organisations* guide. Southall Black Sisters' helpline hours updated to Mon–Thu. Papyrus HOPELINE247 is not listed because the charity closed in September 2026. Every contact was re-checked on 28 October 2026.