

Your support sheet

Support contacts last verified 4 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 this gathering can see them. Skip any question, pause, or stop at any time. The survey and this gathering are not monitored emergency services.

If you need...	Who can help and how
Domestic abuse	National Domestic Abuse Helpline (run by Refuge) Freephone 0808 2000 247 , 24 hours, every day. Online chat on the website. BSL service Monday–Friday, 10am–6pm. Use a safer device if your phone may be monitored.
Black and minoritised women experiencing abuse, including immigration or no-recourse issues	Southall Black Sisters 020 8571 0800 , Monday–Friday, 10am–4pm. Specialist advice, advocacy and safety planning.
Finding a local “by and for” specialist service	Imkaan and the Women's Aid directory Use imkaan.org.uk and womensaid.org.uk to find specialist Black and minoritised women's services and local domestic-abuse support.
Emotional distress or someone to listen	Samaritans Call 116 123 free, any time, day or night. Welsh Language Line: 0808 164 0123 .
Crisis support by text	Shout Text SHOUT to 85258 — free, confidential, 24/7.
Urgent mental-health help	NHS urgent mental-health support England: call 111 and select the mental-health option, or use 111 online. Wales: call 111 , press 2 . Scotland: call 111 for the NHS 24 Mental Health Hub. Northern Ireland: use your Health and Social Care Trust crisis route or GP out-of-hours. Call 999 if life is at immediate risk.
Anyone under 19	Childline Call 0800 1111 free, 24/7, or use 1-2-1 online chat and email on the website.
Free legal advice for women (England & Wales)	Rights of Women Family, criminal, immigration and sexual-harassment-at-work advice lines — check the website for current numbers and times. Telephone interpreting available; Relay UK (NGT Lite) for deaf and speech-impaired callers.
Employment rights and workplace problems	Acas Free, impartial information on workplace rights and disputes. Current helpline details are on the website.
Housing, benefits, debt, discrimination or general advice	Citizens Advice and Shelter Use citizensadvice.org.uk and shelter.org.uk for information and local advice; follow the route for your nation.
LGBT+ people experiencing abuse or violence	Galop — National LGBT+ Domestic Abuse Helpline 0800 999 5428 or help@galop.org.uk . Mon–Tue 9.15am–8pm; Wed–Fri 9.15am–4.30pm (closed 1–2pm daily and weekends).

Ongoing support

Your GP can help, and in many areas you can refer yourself to **NHS Talking Therapies**. You can also contact a local specialist women's service, or a counsellor listed on a recognised professional register. Helplines listen and signpost – they don't usually provide ongoing therapy.

Today's contacts

Welfare contact at this gathering:

Host:

After today

Remembered something you want to add? You can return to the survey at **soulpurpose360.co.uk/definition-redefined** until **31 January 2027**.

We will share what we heard in a **"You said, we will"** update.

Using a shared or monitored phone?

Use a device you trust, private or incognito browsing, and clear your history afterwards. The National Domestic Abuse Helpline website has a quick-exit button.

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.