



Former Children's Homes

sharing memories and information about former children's homes, orphanages, cottage homes and other institutions for children

www.formerchildrenshomes.org.uk

Sources of support, advice and information



The Samaritans

Service: Support 24 hours a day, seven days a week
Helplines: **08457 90 90 90** (UK)
1850 60 90 90 (ROI)
– not free numbers – details on their website
Email: jo@samaritans.org
Website: <http://www.samaritans.org/>



NSPCC

Service: Support and advice for adult survivors of child abuse and neglect
Helpline: **0808 800 5000**
(open 24/7 – free from landlines)
Email: help@nspcc.org.uk
Website: http://www.nspcc.org.uk/help-and-advice/worried-about-a-child/online-advice/adults-abused-in-childhood/adults-abused-in-childhood_wda87228.html



National Assn for People Abused in Childhood

Service: Support line for adults who have suffered any type of abuse in childhood
Helpline: **0800 085 3330** free from landlines, 3, EE, Vodafone and Virgin mobile phones.
0808 801 0331 free from O2, EE and Vodafone mobile phones.
Lines are open 10am till 9pm Monday to Thursday and 10am till 6pm on Friday (please check website for Christmas/New Year opening times)
Website: <http://www.napac.org.uk/>



Care Leavers' Association

Service: A charity run by care leavers for care leavers – website is a great source of information
Website: <http://www.careleavers.com/>
Email: info@careleavers.com
Phone: 0161 236 1980
usual office hours are 10am - 4pm, Mon – Fri (please note, this is the office number and not a helpline number)