

USEFUL SUPPORT

Families



Royal Navy Family & People Support is available throughout the Christmas Period:

Mon - Fri 0800 - 2000; Sat & Sun (& Public Holidays) 0900 - 1600

Tel: 0800 145 6088/02392 728777

Out of Hours: via Officer of the Watch (OOW):

Portsmouth: 023 92 723875

Plymouth: 01752 555220

Yeovilton: 01935 45 5444/5446

Faslane: (DNBO) 01436 674321, ext. 4005

Email: [navynps-peoplesptrnfpstl@mod.gov.uk](mailto:navymps-peoplesptrnfpstl@mod.gov.uk)

Join a Social Media Group - all official community Facebook groups are linked to the RN FPS Page:

RoyalNavyFPS. Or join the RN Forum: www.royalnavy.mod.uk/forums

Royal Navy Chaplains are available throughout the Christmas Period and can be contacted via the OOW noted above.

Aggies Pastoral Workers can be contacted via the Royal Navy Chaplains should their support be required.

Combat Stress Mental Health Helpline is open 24 hours a day, 365 days a year

Tel: 0800 138 1619

Text: 07537404719

Email: helpline@combatstress.org.uk

Samaritans is open 24 hours a day, 365 days a year

Tel: 116 123

Email: jo@samaritans.org (response time 24 hours)

Samaritans Self Help App: <https://selfhelp.samaritans.org/>

Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text: 85258

SSAFA Forces Line is available Monday to Friday (including Bank Holidays) from 0900 - 1730

Tel: 0800 731 4880

Live Chat: <https://www.ssafa.org.uk/get-help/forcesline>

Arora New Dawn is a registered charity giving safety, support, advocacy, and empowerment to survivors of domestic abuse, sexual violence and stalking.

Tel: 02394 216 816

Email: armedforces@aurorand.org.uk

Royal British Legion is available 0800 - 2000, 7 days a week.

Tel: 0808 802 8080

Online Chat: https://support.britishlegion.org.uk/app/utills/login_form/redirect/chat%252Fchat_launch



www.royalnavy.mod.uk



@RoyalNavyFPS



@RoyalNavyFPS



rnrn-wio@royalnavymail.mod.uk

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National Debtline provide free and independent debt advice online and over the phone, Mon - Fri 0900 - 2000, Sat 0930 - 1300.

Tel: 0808 808 4000

Webchat: <https://www.nationaldebtline.org/contact-us/>

Mind - the Mental Health Charity provide a wealth of information to support individuals who are concerned about their Mental Health with a helpline open Mon - Fri 0900 - 1800 (not open Bank holidays)

Tel: 0300 123 3393

Webchat: <https://www.mind.org.uk/information-support/helplines/>

Childline is available 0730 - 0330 every day. When calling you will get through to a counsellor, who will listen and support you with anything you'd like to talk about.

Tel: 0800 1111

Webchat: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Victim Support can provide support 24/7 if you have been affected by crime.

Tel: 0808 168 9111

Webchat: <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Cruse Bereavement Care will be open as usual over the holiday period, offering a listening ear and emotional support to anyone who has lost someone they love, or been affected by a bereavement.

Tel: 0808 808 1677

Opening times: <https://www.cruse.org.uk/telephone-support/christmas>

Webchat: <https://www.cruse.org.uk/get-help/crusechat>

Togetherall offers online support for those in Psychological distress: <https://togetherall.com/en-gb/H:\Downloads\www.togetherall.com>

Drinkaware offers an online chat facility <https://www.drinkaware.co.uk/advice/support-services/alcohol-support-services>

Gamcare offers an online chat facility: <https://www.gamcare.org.uk/>

Money Force offers financial and employment support: <https://www.britishlegion.org.uk/get-support/financial-and-employment-support>

Building Stronger Families Portal is a free, self-directed online learning programme supporting naval couple and family relationships: <https://www.rnrmc.org.uk/relationship-support>

