

Hampshire Helpline  
0333 370 4000

BuShy Leaze  
Children and Families Centre  
01420 87675

Alton Food Bank  
07773 034447

Cruse Bereavement  
0800 8081677

Alton Age Concern  
01420 84257

Alton Citizens Advice  
0808 278 7901

Community First  
support@cfirst.org.uk



is out there, you  
are not alone

Samaritans  
116 123

Childline  
0800 1111

Domestic Abuse  
Service  
0808 2000 247

Respect  
0808 802 4040

The Kings Arms Alton  
(for young people)  
07769 695480  
www.thekingsarms.org.uk

Mind  
0300 123 3393

