



'Free' Charity Helplines that will have to own up to their charges on 084 / 087 telephone numbers

Aanchal Women's Aid	0845 451 2547	3ppm	Kidney Cancer UK	0844 870 7054	7ppm
Action Against Medical Accidents	0845 123 2352	2ppm	La Leche League GB Ltd	0845 120 2918	2ppm
Aid for the Aged in Distress	0870 803 1950	7ppm	Maternity Action	0845 600 8533	5ppm
Alcoholics Anonymous	0845 769 7555	TBC	MND Connect (Motor Neurone Disease Association)	0845 762 6262	TBC
Anxiety UK	0844 477 5774	7ppm	National Bullying Helpline	0845 225 5787	7ppm
ARCH (Abortion Recovery Care & Helpline)	0845 603 8501	5ppm	National Centre for Domestic Violence	0844 804 4999	7ppm
Battle Against Tranquillisers	0844 826 9317	7ppm	National Kidney Federation	0845 601 0209	5ppm
Beat (beat eating disorders)	0845 634 1414	2ppm	Natural Parents Network (NPN)	0845 456 5031	3ppm
Beat Youthline	0845 634 7650	2ppm	Network 81	0845 077 4055	2ppm
Bladder and Bowel Foundation	0845 345 0165	3ppm	OCD Action	0845 390 6232	2ppm
British Red Cross	0844 871 1111	7ppm	The Only Way is Up Foundation	0845 467 2231	5p + 5ppm after 1 min
Carers Trust	0844 800 4361	7ppm	The Patients Association	0845 608 4455	5ppm
Coeliac UK	0845 305 2060	2ppm	The Pituitary Foundation	0845 450 0375	2ppm
The Compassionate Friends	0845 123 2304	2ppm	The Pituitary Foundation (Endocrine Nurse Helpline)	0845 450 0377	2ppm
Cruse Bereavement Care	0844 477 9400	7ppm	RoadPeace	0845 450 0355	2ppm
Cry-Sis Helpline	0845 122 8669	2ppm	RP Fighting Blindness	0845 123 2354	2ppm
Dementia UK (Admiral Nursing DIRECT)	0845 257 9406	7ppm	Samaritans	0845 790 9090	TBC
Ectopic Pregnancy Foundation	0845 070 4636	2ppm	SAMM (Support After Murder and Manslaughter)	0845 872 3440	2ppm
Education Otherwise	0845 478 6345	3ppm	SCARD (Support & Care After Road Death & Injury)	0845 123 5542	2ppm
False Allegations Support Organisation	0844 335 1992	7ppm	Sleep Apnoea Trust	0845 038 0060	TBC
The Family Survival Trust	0845 603 7121	5ppm	South West Grid for Learning Trust (Revenge Porn Helpline)	0845 6000 459	5ppm
Families and Friends of Lesbians and Gays	0845 652 0311	TBC	VoiceAbility (ICMA advice)	0845 017 5198	2ppm
The Farming Community Network	0845 367 9990	7ppm	Winston's Wish	0845 203 0405	2ppm
Freedom Charity	0845 607 0133	5ppm			
Grandparents' Association	0845 434 9585	7ppm			
Hampshire Macmillan Citizens Advice Bureau	0844 847 7727	7ppm			
HemiHelp	0845 123 2372	2ppm			
Herpes Viruses Association	0845 123 2305	2ppm			

We are pleased to note that the following, which previously appeared on this list, have now adopted "geographic rate" or "free" helpline numbers: [The Lesbian & Gay Foundation](#), [OCD UK](#), [Saneline](#), [Tackle Prostate Cancer](#).

