

## Useful services in Southampton

Southampton City Council	Advice on housing needs and benefits, Council tax	023 8083 3000	<a href="http://www.southampton.gov.uk">www.southampton.gov.uk</a>
Citizens Advice Southampton	Free advice to give people the knowledge and confidence they need to find their way forward, whoever they are and whatever the problem	0808 2787863	<a href="http://www.citizensadvice-southampton.org.uk">www.citizensadvice-southampton.org.uk</a>
NHS 111	24-hour service to get fast medical help when it's not a 999 emergency and you are unsure whether to visit A&E	111	
Solent Mind	Somewhere anyone with mental health problems can turn to for advice and support	023 8017 9049	<a href="http://www.solentmind.org.uk">www.solentmind.org.uk</a>
Rethink	Support for people affected with mental illness	0808 801 0525	<a href="http://www.rethink.org">www.rethink.org</a>
Samaritans Southampton branch	For anybody who is struggling to cope, who needs someone to listen without judgement or pressure	116123 (free from any phone)	<a href="http://www.samaritans.org/branches/southampton">www.samaritans.org/branches/southampton</a>
Welfare rights and money advice	Benefits advice	02380832339	<a href="http://www.southampton.gov.uk/benefits-welfare/money-advice">www.southampton.gov.uk/benefits-welfare/money-advice</a> WelfareRights.advice@southampton.gov.uk
Let's Talk About it (Southampton)	Sexual Health Advice	0300 300 2016	<a href="http://www.letstalkaboutit.nhs.uk">www.letstalkaboutit.nhs.uk</a>
Change Grow Live (25 years & above)	Drug and alcohol support	02380 717171	<a href="http://www.changegrowlive.org/drug-alcohol-service-southampton/info">www.changegrowlive.org/drug-alcohol-service-southampton/info</a>
DASH (No Limits)	Young people (26 and under) – offering free and confidential information, advocacy and support to children and young people for issues including housing, dept, employment, sexual health and mental health.	02380224224	<a href="http://www.nolimitshelp.org.uk">www.nolimitshelp.org.uk</a>
The Society of St James	Homelessness charity, providing a range of support	023806 34596	<a href="http://www.ssj.org.uk">www.ssj.org.uk</a>
Sure Start Central	Family support, information and guidance	023803 31635	
Children's Services	Social Services organization in Southampton	02380832278	

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24-hour domestic violence helpline	Freephone 24-hour domestic abuse helpline	0808 2000 247	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>
Age UK Southampton	Age UK offer an integrated range of services to support older people and their carers	023 8036 8636	<a href="http://www.ageuk.org.uk/southampton/our-services">www.ageuk.org.uk/southampton/our-services</a>
Working families	Information for working parents & carers on their employment rights, tax credits, in-work benefits, maternity/ paternity pay, flexible working options & maternity discrimination	020 7253 7243	<a href="http://www.workingfamilies.org.uk/advice-information">www.workingfamilies.org.uk/advice-information</a>
Southampton City Mission	Food and clothes bank in various locations	02380 550435	<a href="http://www.southamptoncitymission.co.uk/venues#food-venues">www.southamptoncitymission.co.uk/venues#food-venues</a>
Vape shops	Groovy Cigs	<a href="http://www.groovycigs.co.uk">www.groovycigs.co.uk</a>	Victoria Rd, SO19 9DX
	Sholing Vapes	07535692501	52-54 St Monica Rd, SO19 8ET
	The Nobacconists	07526083761	94 Spring Rd, SO19 2BN
	The Nobacconists	02380787855	158 Windermere Ave, SO16 9GA
	The Nobacconists	023 80463937	60 Thornhill Park Rd, SO18 5TQ
	Southampton Vaping Centre	02380774495	415 Shirley Rd, SO15 3JF
	Soton Fogger	02381783600	50 Shirley High St, SO15 3NF
	Tidal Vape Shop	02380553111	9 The Triangle Cobden Ave, SO18 1FZ
	Evapo Southampton	07341739114	Unit 4, Marlands Centre, SO14 7SJ
	Tidal Vape Shop	02380570928	184 Portswood Rd, SO17 2NJ
	Vapetime	02033718184	427 Millbrook Rd West, SO15 0HX