



# UKRAINIAN SUPPORT HELPLINE

**Are you in need of help after  
fleeing the war in Ukraine?**

We are here to support your emotional and practical needs. **Call us for free support and advice.**

Lines are open between:  
Monday and Friday 10am – 8pm  
Saturday from 10am – 3pm

**0800 148 8586**

**To find out more contact us at:**  
[ukrainiansupport@barnardos.org.uk](mailto:ukrainiansupport@barnardos.org.uk)



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