

Directory of Useful Contacts for Staff

# With thanks to St Chad’s Academies Trust

**Crisis and Emotional Support:**

**Samaritans**

Phone: 116 123 (Freephone, 24 hours a day, 7 days a week) Website: [www.samaritans.org](http://www.samaritans.org)

Samaritans provide emotional support for people 24 hours a day. They allow people to talk about their feelings of distress and despair and are confidential and offer non-judgemental support.

**Mental Health Information:**

**Addiction:**

**Alcohol Change**

Phone: 0207 566 9800. Website: [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

Alcohol Change is a charity working to help people understand the dangers of drinking too much and to advocate for better treatment for those affected by alcohol use issues. They do not have a Help Line, but there is Drinkline, the national alcohol helpline, on 0300 123 1110 (weekdays 9am to 8om, weekends 11am to 4pm)

**Anxiety:**

**Anxiety UK**

Phone: 03444 775 774 (Mon-Fri 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support. This includes talking therapies and self-help groups.

**Armed Forces:**

**Help for Heroes**

Phone: 01980 844 280

Website: [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)

Help for Heroes provides direct support for wounded, injured and sick veterans and serving members of the Armed Forces and their families, including mental health support.

**Bereavement:**

**Bereavement Advice Centre**

Phone: 0800 634 9494 (Freephone helpline, 9am-5pm, Mon-Fri)

Website: [www.bereavementadvice.org](http://www.bereavementadvice.org)

The Bereavement Advice Centre supports and advises people after a death in England and Wales. Their helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.

**Bipolar Disorder:**

**Bipolar UK**

Phone: 0333 323 3880

Website: [www.bipolaruk.org](http://www.bipolaruk.org)

Biploar UK is the national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers.

**Carers:**

**Carers UK**

Phone: 0808 808 7777 (Freephone Adviceline, 10am-4pm, Mon & Tue only)

Website: [www.carersuk.org](http://www.carersuk.org)

Carers UK aims to make life better for carers, by providing advice on a range of issues, including financial and practical matters relating to caring.

**Crime Victims:**

**Victim Support**

Phone: 0808 1689 111 (Freephone, 8pm-8am, Mon-Fri, Weekends 24 hours) Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Victim Support is an independent charity working towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. They run a confidential free Helpline for anyone affected by crime as well as emotional and practical support, including advice on reporting crime and processes involved in going to court and what happens during a trial.

**Debt:**

**Money Advice Service**

Phone: 0800 138 7777 (Freephone, 8am-6pm, Mon-Fri)

Website: [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

A free independent service set up by the government that provides information on all money related matters via the helpline.

**Depression:**

**Association for Postnatal Illness**

Phone: 0207 386 0868 (10am-2pm, Mon-Fri)

APNI provides support for all women who experience postnatal depression.

Provide peer support services via phone and email.

**Depression UK**

Email: info@depressionuk.org

Website: [www.depressionuk.org](http://www.depressionuk.org)

Depression UK is a national self-help organisation that offers support to everyone affected by depression.

**Eating Disorders:**

**Beat**

Phone: 0808 801 0711 (Helpline for anyone under 18)

Phone: 0808 801 0677 (General Helpline)

Website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Beat is the UK’s leading charity supporting anyone affected by eating disorders.

**Family, Parenting, and Relationships:**

**Relate**

Phone: 0300 100 1234

Website: [www.relate.org.uk](http://www.relate.org.uk)

Relate is a national charity offering a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationship issues.

**Family Links**

Phone: 01865 401800

Website: [www.familylinks.org.uk](http://www.familylinks.org.uk)

Family Links is a national charity dedicated to creating an emotionally healthy, resilient and responsible society through a range of training programmes. They train people to run parent groups in local communities and also provide step by step guides for parents on their website.

**General Advice, Information and Support:**

**Citizen’s Advice**

Phone: 03444 111 444

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Citizen’s Advice provides free, independent information and advice for people on money, legal, consumer, housing and other problems.

**General Mental Health:**

**Mind**

Phone: 0300 123 3393

Website: [www.mind.org.uk](http://www.mind.org.uk)

Mind provides a wide range of services relating to mental health, including information, support as well as research and campaigning work.

**LGBT:**

**Stonewall**

Phone: 0800 050 2020

Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

Stonewall protects all Lesbian, Gay, Bi and Trans people with a range of help and advice services and by working in partnership with businesses and communities to tackle issues related to discrimination.

**Older People:**

**Age UK**

Phone: 0800 678 1602 (8am to 7pm every day)

Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

AgeUK provides a range of information and support services for older people and those caring for them. This includes befriending services to combat loneliness in elderly people, which may contribute to mental health issues.

**Dementia UK**

Phone: 0800 888 6678

Website: [www.dementiauk.org](http://www.dementiauk.org)

Dementia UK offers a specialist one to one support and expert advice for people living with dementia, including nursing support through their team of Admiral Nurses.

**Self-harm:**

**National Self Harm Network**

Website: [www.nshn.co.uk](http://www.nshn.co.uk)

The National Self Harm Network offers an online moderated support forum for people affected by self-harm.

**CBT Online**

Website: [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

An interactive site that teaches people cognitive behavioural therapy skills to prevent and cope with depression.

**Younger People:**

**Anna Freud Centre**

Phone: 0207 794 2313

Website: [www.annafreud.org](http://www.annafreud.org)

A children’s mental health charity providing specialist help and training and carrying out research.

**Childline**

Phone: 0800 1111

Website: [www.childline.org.uk](http://www.childline.org.uk)

Provides free confidential counselling and emotional support for children and young people. Online chat services are also available on the website.

**YoungMinds**

Phone: 0808 802 5544 (9:30am-4pm, Mon-Fri)- Parent’s helpline

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

YoungMinds is the UK’s leading charity committed to improving the emotional wellbeing and mental health of children and young people through campaign, research and policy work.