


Helpful resources by topic area

Addiction and Substance Misuse

Charity	About	Resources and Contacts
Addaction 	<p>A UK wide treatment agency, helping individuals, families and communities to manage the effects of drug and alcohol misuse. We help people change their behaviour to become the very best that they can be. It could be their drug or alcohol use or worries about their mental health – we support people to make lasting change in their lives.</p>	<p>Tel: 07812 745437</p> <p>Mon - Fri: 7am –11pm</p> <p>Sat - Sun: 10am –11pm</p> <p>Website: https://www.addaction.org.uk/services</p>
Adfam 	<p>Information and advice for families of alcohol and drug users. The website has a list of local family support services.</p> <p>Drug and alcohol use can threaten and ultimately destroy family relationships and wellbeing. We empower family members and carers, support frontline workers and influence decision-makers to stop this happening.</p>	<p>Tel: 020 3817 9410</p> <p>Email: admin@adfam.org.uk</p>
Al-Anon Family Groups UK & Eire 	<p>Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. For some of our members, the wounds still run deep, even if their loved one may no longer be a part of their lives or has died.</p>	<p>Tel: 0800 0086 811</p> <p>Helpline available 10am - 10pm</p> <p>365 days a year.</p>
Alcoholics Anonymous 	<p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p> <p>The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.</p> <p>AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.</p>	<p>Tel: 0800 9177 650</p> <p>Email: help@aamail.org</p>
Drinkline	<p>Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's. They do not provide individual medical advice, formal counselling or treatment.</p> <p>The purpose of the Drinkline service is to offer free, confidential, accurate and consistent information and advice to callers who are concerned about their own or someone else's drinking regardless of the caller's age, gender, sexuality, ethnicity or spirituality.</p>	<p>Tel: 0300 123 1110</p> <p>Weekdays 9am–8pm</p> <p>Weekends 11am–4pm</p>
Gamblers Anonymous 	<p>Meetings are the core of Gamblers Anonymous and they have meetings every day of the week throughout the UK</p> <p>Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same using 'The Twelve Steps of Recovery'.</p>	<p>Website: https://www.gamblersanonymous.org.uk/</p>

Helpful resources by topic area continued

Addiction and Substance Misuse (Alcohol, Drugs, Gambling) cont.



Charity	About	Resources and Contacts
Narcotics Anonymous  Narcotics Anonymous <small>United Kingdom</small>	<p>Narcotics Anonymous is a completely voluntary organisation. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs have been used, and irrespective of age, sex, religion, race, creed or class. The only requirement for membership is a desire to stop using drugs.</p> <p>Narcotics Anonymous believes one of the cornerstones of its success is the therapeutic value of addicts working with each other to achieve recovery. In meetings members regularly share their personal experiences with each other, not as professionals but as ordinary people who have discovered that sharing brings about solutions to their problems.</p>	<p>Tel: 0300 999 1212</p> <p>10am— midnight</p> <p>Website: ukna.org/meetings/search</p>

Anxiety


Charity	About	Resources and Contacts
Anxiety UK 	<p>Fighting anxiety can sometimes feel like a losing battle, but Anxiety UK can provide the security and knowledge that you are not alone. There are millions of people all over the country who experience short and long-term anxiety. This user led organisation is run by sufferers and ex-sufferers of anxiety disorders and membership can let you access a package of support.</p>	<p>Infoline: 03444 775 774</p> <p>Admin Enquiries: 0161 226 7727</p> <p>Text Service: 07537 416905</p> <p>Email: support@anxietyuk.org.uk</p> <p>Address: Anxiety UK, Nunes House 447 Chester Road, Manchester M16 9HA</p>
OCD Action 	<p>OCD Action provides support and information to anybody affected by OCD, work to raise awareness of the disorder amongst the public and front-line healthcare workers, and strive to secure a better deal for people with OCD. OCD Action is recognized as a strong voice for people with OCD, a vital source of help and the charity that makes a real and lasting difference to anyone affected by OCD.</p>	<p>Tel: 0845 390 6232</p> <p>Email: support@ocdaction.org.uk</p>
Triumph over Phobia 	<p>Triumph Over Phobia (TOP UK) is a UK registered charity which aims to help sufferers of phobias, obsessive compulsive disorder and other related anxiety to overcome their fears and become ex-sufferers.</p>	<p>Tel (office): 01225 571740 Tel (mobile): 07763 826618</p> <p>Email: info@topuk.org</p> <p>Tweet: @TOP_UK_National</p> <p>Address: Triumph Over Phobia (TOP UK) PO Box 3760, Bath, BA2 3WY, United Kingdom</p>

Helpful resources by topic area continued


Armed Forces

Charity	About	Resources and Contacts
Combat Stress 	<p>Combat Stress is a registered charity in the United Kingdom offering therapeutic and clinical community and residential treatment to former members of the British Armed Forces who are suffering from a range of mental health conditions; including post-traumatic stress disorder.</p>	<p>Tel: 0800 138 1619</p> <p>Text: 07537 404719 (Standard charges may apply for texts, please check with your provider)</p> <p>Email: helpline@combatstress.org.uk</p>
PTSD Resolution 	<p>PTSD Resolution is a charity that offers counselling to UK armed forces' Veterans, Reservists and families to relieve mental health problems resulting from military service, to ease reintegration into a normal work & family life.</p>	<p>Tel: 0300 302 0551</p> <p>If the line is busy or outside the hours of 0900-1700hrs, please leave a brief message with your number or email them, and it will be replied to as soon as possible that day or early the next.</p> <p>Email: contact@ptsdresolution.org</p>



Bereavement

Charity	About	Resources and Contacts
Cruse Bereavement Care 	<p>The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.</p>	<p>Tel: 0808 808 1677</p> <p>Mon and Fri: 9:30am-5pm. Tues-Thurs: 9:30am—8pm.</p>

Bipolar


Charity	About	Resources and Contacts
Bipolar UK 	<p>Bipolar UK provide a range of employment support and training for employees and organisations. They provide employment support by telephone and email, bipolar Awareness training, dedicated workplace support, development of a workplace toolkit, team training. Get answers to a range of questions about bipolar, how to get a diagnosis and living with the condition.</p>	<p>Tel: 0333 323 3880</p> <p>Email: info@bipolaruk.org</p>

Carers

Charity	About	Resources and Contacts
Carers Trust 	<p>Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. Our vision is that unpaid carers count and can access the help they need to live their lives.</p>	<p>Tel: 0844 800 4361</p> <p>Email: info@carers.org</p> <p>Website: www.carers.org</p>
Carers UK 	<p>Carers UK provide support, understanding and strive for lasting change. We give carers expert advice, information and support.</p> <p>The information and advice we provide covers a range of subjects relating to caring including benefits and tax credits, carers employment rights, carers assessments and how to get support, services available to carers and how to complain effectively and challenge decisions</p>	<p>Tel: 0808 808 7777</p> <p>Mon-Tues 10am—4pm</p> <p>Email: advice@carersuk.org</p>

Helpful resources by topic area continued

Eating Disorders


Charity	About	Resources and Contracts
ABC (Anorexia and Bulimia Care) 	<p>ABC is a national UK eating disorders organisation with over 30 years of experience. We are passionate about people and recovery.</p> <p>We provide on-going care, emotional support and practical guidance for anyone affected by eating disorders, those struggling personally and parents, families and friends. ABC works tirelessly to increase awareness and understanding of eating disorders through talks, training and campaigns for change.</p>	<p>Tel: 0300 011 1213</p> <p>Mon-Fri: 9:30am—5:30pm</p> <p>Email: support@anorexiabulimiare.org.uk</p> <p>Website: http://www.anorexiabulimiare.org.uk/</p>

General Mental Health


Charity	About	Resources and Contacts
Men's Health Forum 	<p>The Men's Health Forum is a British registered charity whose mission is to improve the health of men and boys in England, Wales and Scotland. MHF believes that its mission can be more effectively achieved if it works collaboratively and in partnership with a wide range of other organisations in the public, third and private sectors.</p>	<p>Website: https://www.menshealthforum.org.uk/male-health</p>
Mind 	<p>The Mental Health Charity that won't give up until everyone experiencing a mental health problem gets both support and respect. They will make sure no one has to face a mental health problem alone and can help with choices about treatment, advise about rights or reach out to sources of support.</p>	<p>Website: https://www.mind.org.uk</p>
Rethink Mental Illness 	<p>Rethink Mental Illness work tirelessly to transform the lives of everyone severely affected by mental illness. They support tens of thousands of people every year to get through crises, live independently and feel that they do not have to face mental illness alone.</p>	<p>Tel: 0300 5000 927</p> <p>Email: advice@rethink.org</p> <p>They aim to respond to your message within 3 working days.</p> <p>Address: RAIS, PO Box 17106, Birmingham, B9 9LL.rethink</p>
Samaritans 	<p>If you need someone to talk to, they listen. They won't judge or tell you what to do. A confidential service, you can call them, write a letter or an email anytime day or night.</p>	<p>Tel: 116 123 – a free number.</p> <p>Email: Jo@samaritans.org.</p> <p>Write a letter: Chris, FREEPOST RSRB-KKBY-CYJK, PO Box 9090, Sterling, FK8 2SA</p> <p>Website: https://www.samaritans.org</p>
Sane 	<p>SANE provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers.</p> <p>Their work addresses the lack of support in a crisis; challenges with navigating the mental health system and accessing the right ongoing support; and social isolation.</p>	<p>Tel: 0300 304 7000 (4:30pm-10:30pm every day of the year)</p> <p>Website: https://www.sane.org.uk</p>

Helpful resources by topic area continued


General Mental Health cont.

Charity	About	Resources and Contacts
Shout 	<p>.For support in a crisis, Text <u>Shout</u> to 85258. If you're experiencing a personal crisis, are unable to cope and need support. Shout can help with urgent issues such as: Suicidal thoughts, abuse or assault, self-harm, bullying, relationship challenges.</p>	<p>Text <u>Shout</u> to 85258</p>

Self– harm

Charity	About	Resources and Contacts
National Self Harm Network 	<p>NSHN Support individuals, who self harm, to reduce emotional distress and improve their quality of life. They provide information for family and carers of individuals who self harm. They also raise awareness of the needs of people who self harm, dispel myths and combat discrimination. NSHN empower and enable those that self harm to seek alternatives to self harm and further help where appropriate.</p>	<p>Website: http://www.nshn.co.uk/forum/</p>

Relationships

Charity	About	Resources and Contacts
Relate 	<p>The UK's largest provider of relationship support who help people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.</p>	<p>Booking line for telephone counselling: 0300 003 0396.</p> <p>Mon-Thurs: 8am to 8pm Fri: 8am to 6pm Sat: 9am to 1pm</p> <p>Find your nearest relate - https://www.relate.org.uk/about-us/contact-us</p>