

# **Resources & Contacts to Support Young People's Mental Health and Well-being**

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# Information

This resource book aims to support you in finding charities/agencies that can support you to improve your mental health and wellbeing. It signposts you to charities that support individuals with all aspects of mental health – some specific, some more broad. This is not an exhaustive list of agencies and resources.

Where possible each entry includes a logo for the service, a brief description of what they offer and as many contact details as possible for you to access the service. Where an entry indicates that it is a phone or contact number rather than a helpline this means that it is generally an office or admin number for the organisation (available Mon-Fri 9am-5pm) and not an emergency line. Where there is a helpline available for an organisation this is clearly indicated as a helpline number with opening hours next to it where these are available.

Whilst efforts have been made to ensure that all of the services listed are of a high standard and provide quality care this cannot be guaranteed by Surrey County Council or Surrey and Borders NHS Foundation Trust. If you have any difficulties with the care or support you receive, please take this up with the relevant charity, agency or regulatory body.

If you don't find what you are looking for within this resource book or if a web address or link doesn't work please try using a web-based search engine to find the required service.

Please contact us if you feel that any of the services included in this resource book should be removed or amended. For example if the web address or contact details have changed or the agency no longer exists.

Every effort has been made to contact all agencies in this book prior to its release. If your agency is included in this book and you would like it be removed or amended please contact us.

If you know of other agencies or charities that would be useful to include within the book and have not yet been mentioned please contact us with the details.

**Contact Details:**

Fiona Corless (Primary Mental Health Worker Youth Support Service North East)

[Fiona.corless@surreycc.gov.uk](mailto:Fiona.corless@surreycc.gov.uk)

07795127751

# Helplines



### **Breathing Space**

Anyone can feel down or depressed from time to time. It helps to get some Breathing Space. You are not alone and talking about how you feel is a positive first step in getting help. So don't let problems get out of hand, phone Breathing Space where experienced advisors will listen and provide information and advice.

Web:

[http://www.breathingspacescotland.co.uk/bspace/CCC\\_FirstPage.jsp](http://www.breathingspacescotland.co.uk/bspace/CCC_FirstPage.jsp)

Phone line: 0800 83 85 87 (Mon-Thurs 6pm-2am; Fri-Sun 6pm-6am)

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### **Bristol Crisis Service for Women**

A national charity supporting girls and women in emotional distress, particularly those who self-harm.

Helpline: 0117 925 1119 (Fri-Sat 9pm – 12.30am) (Sun 6pm–9pm)

Web: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

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### **ChildLine**

Free, confidential 24-hour helpline staffed by counsellors especially for children and young people to talk about any issue that is worrying them. Lines can be busy so keep trying. You can talk to a counsellor online as well as other young people via message boards. The ChildLine website also contains lots of information and advice on various topics including abuse, domestic violence, bullying and exam stress.

Helpline: 0800 1111 (24 hours)

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

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### **Get Connected**

Free confidential telephone and e-mail helpline directly connecting young people to services that can offer help and support whatever the problem. Volunteers are trained specifically in speaking to young people.

Helpline: 0808 808 4994

Web: [www.getconnected.org.uk](http://www.getconnected.org.uk) (online chat available 1pm-11pm)

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### **Lesbian and Gay Switchboard**

We are here to help. If you are lesbian, gay, bisexual, trans or if you want to consider issues around your sexuality or you are a friend, parent or family member you are welcome to call. We are here to listen and you can talk about anything that is on your mind.

Web: <http://www.llgs.org.uk/>

Helpline 0300 330 0630 (Daily 10am – 11pm)

Email Support: [chris@llgs.org.uk](mailto:chris@llgs.org.uk).

Instant Messaging: <http://www.llgs.org.uk/instant-messaging.html>

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### **NHS Direct**

NHS Direct is changing. From being the single national provider of the 0845 46 47 service to the provider of a range of digital, health and advice services which support patients and the NHS. The organisation is also pursuing exciting opportunities in the healthcare market both in the UK and internationally. For health advice and information 24 hours a day, 365 days a year, just dial 111 from any landline or mobile phone free of charge.

Web: <http://www.nhsdirect.nhs.uk>

Telephone: 111

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**nightline**

### **Nightline**

Nightlines provide emotional support to students in distress. Phones are manned throughout the night during term time when other specialist welfare services are closed. Now operating at over 90 universities and colleges, each individual Nightline is run by students for students. Nightline is confidential and anonymous; students don't have to tell us anything about themselves, not even their name.

Web: <http://nightline.ac.uk/>

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### **Refugee Council**

The Refugee Council is one of the leading charities working directly with refugees, and supporting them to rebuild their lives. We speak up for refugees and ensure refugees have a stronger and more influential voice in decisions that affect them.

Helpline: 020 7346 6700

Email: [refugeecouncil.org.uk](mailto:refugeecouncil.org.uk)



### **Relate**

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website.

Web: <http://www.relate.org.uk/home/index.html>

Helpline: 0300 100 1234

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### **Samaritans**

We never know when you might want to talk to us. That's why we're always open, round the clock, every single day of the year. We want you to feel safe while talking to us, so you can tell us how you're really feeling. That's why we're totally confidential. Whoever you are, however you feel, whatever life's done to you, you can be yourself with us. As volunteers, not paid professionals, we're trained to listen to you, not to 'fix' or 'cure' you.

There's no typical problem that people talk to us about. You can talk to us anything that's making you feel bad. Sometimes people call us because they are struggling to cope with a single problem that they have. More often, people contact us because a number of problems have mounted up and they're finding it hard to cope. What matters to us is how your life is making you feel.

National Helpline: 08457 90 90 90

Surrey Branch: 01932 844444

E-mail: [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

Web: [www.samaritans.org.uk](http://www.samaritans.org.uk)

Write: Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA

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### **Young Minds**

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.

Helpline: 0808 802 5544 (Monday-Friday 9.30am – 4pm)

E-mail: [ymentquiries@youngminds.org.uk](mailto:ymentquiries@youngminds.org.uk)

For parents: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

Web: <http://www.youngminds.org.uk/>

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# **General Mental Health Resources**



### **BBC Headroom**

Unwind your mind with BBC Headroom and learn more about the importance of good mental health. Headroom is also for anyone who wants a safe place to learn about mental illness.

Web: <http://www.bbc.co.uk/programmes/p00bh886>

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### **Centre for Mental Health**

Centre for Mental Health aims to help create a society in which people with mental health problems enjoy equal chances in life to those without.

We focus on criminal justice, employment, mental health at work, recovery and children, with supporting work on broader mental health and public policy.

Web: <http://www.centreformentalhealth.org.uk/>

Email: [contact@centreformentalhealth.org.uk](mailto:contact@centreformentalhealth.org.uk)

Phone: 020 7827 8300

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### **Imagine**

Imagine is a charity with a positive approach to mental health and works to promote opportunities for people to live a full and independent life.

Web: <http://www.imaginementalhealth.org.uk/>

Email: [imagine@imaginementalhealth.org.uk](mailto:imagine@imaginementalhealth.org.uk)

Phone: 01517 092 366

Blog: <http://imagineindependence.wordpress.com/>

Twitter: @ImagineInd01

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### **MediKidz**

The Medikidz are five energetic, larger-than-life superheroes on a mission to help young people understand illness and medical concepts. The characters take children on a journey through Mediland - to explain the diagnosis, investigation, treatment and prevention of different medical conditions.

Web: [www.medikids.com](http://www.medikids.com)

Email: [orders@medikidz.com](mailto:orders@medikidz.com)

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### **Mental Health Foundation**

We are committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives. We help people to survive, recover from and prevent mental health problems. We do this by:

- Carrying out research.
- Developing practical solutions for better mental health services .
- Campaigning to reduce stigma and discrimination.
- Promoting better mental health for us all.

We work across all age ranges and all aspects of mental health. We are the charity for everyone's mental wellbeing.

Web: <http://www.mentalhealth.org.uk/>

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### **Mind**

Mind is a mental health charity. It aims to make sure that anyone with a mental health problem gets the support they need. It can support by providing information and advice and signposting to your local Mind centre.

Web: <http://www.mind.org.uk/>

Info-line: 0300 123 3393

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### **MindFull**

MindFull is a service for 11-17 year olds, providing support, information and advice about mental health & emotional wellbeing; helping you to overcome life's ups & downs and feel confident & happy about who you are. You choose the type of support you receive whenever and wherever you want it.

Web: <http://www.mindfull.org/>

Email: [hello@mindfull.org](mailto:hello@mindfull.org)

Phone: 0208 768 2166

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### **NHS Direct**

NHS Direct is changing. From being the single national provider of the 0845 46 47 service to the provider of a range of digital, health and advice services which support patients and the NHS. The organisation is also pursuing exciting opportunities in the healthcare market both in the UK and internationally. For health advice and information 24 hours a day, 365 days a year, just dial 111 from any landline or mobile phone free of charge.

Web: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Telephone: 111

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### **Rethink Mental Illness**

We provide a range of services nationally, including advocacy, carer support, crisis services and more. We believe a better life is possible for millions of people affected by mental illness.

Web: <http://www.rethink.org>

Email: [Advice@rethink.org](mailto:Advice@rethink.org)

Telephone: 0300 5000 927 (Mon-Fri 10am -2pm)

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### **Royal College of Psychiatrists; Youth Info**

This index provides specifically tailored information for young people, parents, teachers and carers about mental health.

Web:

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx>

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### **SANE**

SANE works to:

- Raise mental health awareness; combat stigma & increase understanding.
- Provide emotional support, practical help & information.
- Initiate research into causes, treatments & experiences.

Web: [www.sane.org.uk](http://www.sane.org.uk)

Email: [info@sane.org.uk](mailto:info@sane.org.uk)

Phone: 0845 767 8000 or 020 7375 1002

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### **Teenage Health Freak**

We aim to produce relevant, electronic health information in a format that enables young people to take effective responsibility for their health related actions within an appropriate moral framework. To take full advantage of the IT available within schools and many people's homes as a resource for providing relevant health information. To provide a database that can also be used by parents, teachers and health professionals.

Web: [www.teenagehealthfreak.com](http://www.teenagehealthfreak.com)

Email: [webmaster@teenagehealthfreak.net](mailto:webmaster@teenagehealthfreak.net)

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### **Together**

Together is a national charity working alongside people with mental health issues on their journey towards independent and fulfilling lives. We provide a range of services to meet the different needs of people with mental health issues. Use the service locator to find your nearest service.

Web: <http://www.together-uk.org/>

Email: [contact-us@together-uk.org](mailto:contact-us@together-uk.org)

Phone: 020 7780 7300

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### **Young Minds**

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.

Web: <http://www.youngminds.org.uk/>

Very Important Kids Website (linked with young minds):

<http://www.vik.org.uk/>

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# **Sleep & Relaxation Resources**



### **Better Sleep Better Life**

Educational resource with information on improving sleep habits and effectively managing sleep disorders for better sleep and health.

Web: <http://www.better-sleep-better-life.com/>

Email: [info@better-sleep-better-life.com](mailto:info@better-sleep-better-life.com)

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### **The Children's Sleep Charity**

The Children's Sleep Charity is a national charity providing support for families who have children with sleep issues. They train professionals and parents to use a cognitive and behavioural approach. Workshops are provided across England and Wales. Practitioners have specialist knowledge in working with children with additional needs.

Web: [www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)

Email: [info@thechildrenssleepcharity.org.uk](mailto:info@thechildrenssleepcharity.org.uk)

Contact: 07852 951165

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### **Inner Health Studio (Relaxation)**

Inner Health Studio is about coping skills and relaxation resources. Here you will find a variety of relaxation scripts and techniques that can help you to relax, understand and reduce symptoms of anxiety and stress, and improve your overall wellbeing. There are also audio & video downloads, mental health worksheets, and self-help techniques.

Web: [www.innerhealthstudio.com](http://www.innerhealthstudio.com)

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### **Psychology Tool (Relaxation)**

Free relaxation resources and instructions for muscle relaxations and breathing techniques.

Web: <http://www.psychologytools.org/relaxation.html>

Email: [Contact@psychologytools.org](mailto:Contact@psychologytools.org)

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### **Relax Kids**

Relaxation resources designed especially for children.

Web: [www.relaxkids.com](http://www.relaxkids.com)

Email: [info@relaxkids.com](mailto:info@relaxkids.com) Contact: 01993 810811

# **Self Harm Support Resources**





### **Bristol Crisis Service for Women**

A national charity supporting women in distress, particularly self-harm.

Helpline: 0117 925 1119 (Fri-Sat 9pm–12.30am) (Sun 6pm–9pm)

Web: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

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### **The Butterfly Project**

A project, support network and coping strategy to help with self harm.

Web: <http://butterfly-project.tumblr.com/>

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### **LifeSIGNS**

LifeSIGNS is a user-led organisation that offers ideas and guidance for people who feel trapped in self-injurious behaviour, and for their friends and family. Self-injury is a coping mechanism and, over time, a person can choose new ways of coping when they're ready for the journey. The LifeSIGNS website offers online support, free fact sheets, and ideas to inspire people of all ages.

Web: [www.lifesigns.org.uk](http://www.lifesigns.org.uk)

Email: [info@lifesigns.org.uk](mailto:info@lifesigns.org.uk)

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### **National Self Harm Network (NSHN)**

NSHN aims to support individuals who self harm to reduce emotional distress, improve quality of life and empower and enable them to seek support and alternatives.

Web: [www.NSHN.co.uk](http://www.NSHN.co.uk)

Email: [support@NSHN.co.uk](mailto:support@NSHN.co.uk)

Helpline: 0800 622 6000 (Thurs –Sat 7pm-11pm; Sun 6.10pm-10.30pm)

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### **Recover Your Life**

One of the biggest and best self harm support communities online, offers help on a variety of topics surrounding self harm, including self injury, eating disorders, mental health issues, abuse and bullying.

Web: [www.recoveryourlife.com](http://www.recoveryourlife.com)

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### **RU-OK?**

Website for young people who self harm or have thoughts of suicide.

Web: [www.ru-ok.org.uk](http://www.ru-ok.org.uk)

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# **Suicide Prevention & Awareness Resources**



### **Campaign Against Living Miserably (CALM)**

The Campaign Against Living Miserably (CALM) exists to prevent male suicide in the UK. Suicide accounted for the deaths of more young men in England & Wales in 2012 than road death, murder and HIV/AIDs combined. We offer immediate support to guys who are down or in crisis, through our website and helpline. Our helpline is free, anonymous and confidential and doesn't show up on your bill. Open every day of the year.

Web: <http://www.thecalmzone.net>

Email: [info@thecalmzone.net](mailto:info@thecalmzone.net)

Helpline: 0800 585858 (Daily 5pm-midnight; free and confidential)

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### **Papyrus**

We aim to reduce stigma associated with suicide; increase awareness of young suicide and how to prevent this, provide services to young people, families and professionals, campaign as a charity to prevent young suicide, disseminate knowledge and research and contribute to local, regional and national agendas.

Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

HopeLine: 0800 068 41 41

SMS: 07786 209697

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### **SAVE: Suicide Awareness Voices of Education**

If you have lost someone to suicide, the feelings can be overwhelming and unmanageable. We offer tools that can help you cope with grief.

Web: <http://www.save.org/>

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### **Turn 2 Me**

We are an online community providing professional and peer support to people in distress. Read blogs and articles that get to the heart of mental health issues. Featuring personal stories about suffering and recovery as well as news and discussion pieces, the info centre provides all the information you need.

Web: <https://www.turn2me.org/>

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# Depression Resources



### **Action on Depression**

Action on Depression works with and for people affected by depression. We are a user-influenced organisation committed to providing support, raising awareness of depression and treatment options and reducing the stigma that still surrounds the condition.

Web: [www.actionondepression.org](http://www.actionondepression.org)

Email: [info@actionondepression.org](mailto:info@actionondepression.org)

Phone: 080 802 2020

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### **Bipolar UK**

We provide a range of services to enable people affected by bipolar and associated illnesses to take control of their lives. Our services include: Support groups; Online Community; Link mentoring; London youth; Information and advice; Events and campaigns.

Web: <http://www.bipolaruk.org.uk/>

Email: [info@bipolar.org.uk](mailto:info@bipolar.org.uk)

Phone: 020 7931 6480

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### **Campaign Against Living Miserably (CALM)**

The Campaign Against Living Miserably (CALM) exists to prevent male suicide in the UK. Suicide accounted for the deaths of more young men in England & Wales in 2012 than road death, murder and HIV/AIDs combined. We offer immediate support to guys who are down or in crisis, through our website and helpline. Our helpline is free, anonymous and confidential and doesn't show up on your bill. Open every day of the year.

Web: <http://www.thecalmzone.net>

Email: [info@thecalmzone.net](mailto:info@thecalmzone.net)

Helpline: 0800 585858 (Daily 5pm-midnight; free and confidential)

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### **Depression and Bipolar Support Alliance**

DBSA provides hope, help, support and education to improve the lives of people who have mood disorders. They provide treatment tools and peer support to help those experiencing symptoms of mood disorders.

Web: <http://www.dbsalliance.org>

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### **Depression Alliance**

Depression Alliance can assist people affected by depression. The following are just some of the many ways we can help:

1. Local support: <http://www.depressionalliance.org/how-we-can-help/self-help-groups.php>
2. Publications: <http://www.depressionalliance.org/how-we-can-help/publications.php>
3. Making your voice heard & raising awareness: <http://www.depressionalliance.org/how-we-can-help/campaigns.php>
4. Supporter scheme: <http://www.depressionalliance.org/how-we-can-help/services.php>
5. Research: <http://www.depressionalliance.org/how-we-can-help/research.php>

Web: <http://www.depressionalliance.org/>

Email: [info@depressionalliance.org](mailto:info@depressionalliance.org)

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### **International Foundation for Research and Education on Depression**

The mission of International Foundation for Research and Education on Depression (iFred) is to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Its goal is to ensure 100% of the 350 million people affected by depression seek and receive treatment. It offers resources on understanding depression and signposting to advice and support to help overcome depression.

Web: <http://www.ifred.org/#>

Email: [info@ifred.org](mailto:info@ifred.org)

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# **Anxiety Resources**



### **Anxiety Alliance**

Anxiety Alliance is a charity dedicated to helping those suffering from anxiety. We know it can be really hard to deal with, but you are not alone. We are here to help you if you suffer from any type of anxiety disorder, including:

- General Anxiety Disorder (GAD)
- A phobia
- Panic attacks
- Obsessive Compulsive Disorder (OCD)

If you suffer from any of these then Anxiety Alliance can give you advice and support. If you have a family member or friend who is suffering from an anxiety disorder, we can also offer you support.

Web: <http://www.anxietyalliance.org.uk/>

Help Line: (0845) 2967877 (Daily 10am-10pm)

Email: [harris835@btinternet.com](mailto:harris835@btinternet.com)

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### **Anxiety UK**

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy. We work regularly with external agencies and healthcare professionals to improve services for those living with anxiety disorders. We also campaign to raise awareness of anxiety disorders. We can provide support and help if you've been diagnosed with, or suspect you may have an anxiety condition. We can also help you deal with specific phobias.

Web: <http://www.anxietyuk.org.uk/>

Help Line: 08444 775 774 (Mon-Fri 9.30am – 5.30pm)

Email Support: <http://www.anxietyuk.org.uk/get-help/email-support/>

Live Chat: <http://www.anxietyuk.org.uk/membership-services/live-chat/>

Therapy Services: <http://www.anxietyuk.org.uk/get-help/therapy-services/>

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### **No Panic**

National Organisation for Phobias, Anxiety, Neurosis, Information and Care. No Panic can provide the following:

- A confidential helpline that is staffed by trained volunteers. This number also doubles as a night time anxiety line, which is an answer phone service only.
- Telephone recovery groups.
- For members who wish to make pen pals, No Panic provides a "Contact Book".
- Books, literature, CD's and DVD's can be provided to help with anxiety disorders.
- Simple, easy to follow step-by-step written recovery programmes for phobias and OCD.
- Information to raise public and professional awareness of the issues created by anxiety disorders.
- Lay-person self help CBT as a basis for recovery.
- Information and support for the families and carers of sufferers.
- Information in ethnic languages.
- Information on starting and running local face-to-face groups.

Web: [www.nopanic.org.uk](http://www.nopanic.org.uk)

Email: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

Help Line: 0800 138 8889 (Mon–Fri 10am – 10pm)

Phone: 01952 680460

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### **Panic-Attacks UK**

If panic attacks have been causing you problems, or you are worried about panic disorder, then we can help you today. Many people have received help from our free panic attacks course, which you can complete online, or have delivered to you by email.

Web: <http://www.panic-attacks.co.uk/>

Phone: 01273 776770 (to enrol only)

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# OCD

# Resources



### **International OCD Foundation**

The mission of the International OCD Foundation is to help individuals with obsessive compulsive disorder (OCD) to live full and productive lives. Our aim is to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.

Web: <http://www.ocfoundation.org/>

Email: [info@iocdf.org](mailto:info@iocdf.org)

Find a Support Group:

[http://www.ocfoundation.org/find\\_a\\_support\\_group.aspx](http://www.ocfoundation.org/find_a_support_group.aspx)

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### **OCD Action**

OCD Action is the largest national charity focusing on Obsessive Compulsive Disorder (OCD). We provide support and information to anybody affected by OCD, work to raise awareness of the disorder, and strive to secure a better deal for people with OCD. Our work with young people and schools is youth-led and includes online support groups, youth outings and educator training.

Web: <http://www.ocdaction.org.uk/>

Help Line: 0845 390 6232

E-mail: [Support@OCDAction.org.uk](mailto:Support@OCDAction.org.uk)

OCD Action contacts for youth and schools

Web: [school.ocdaction.org.uk](http://school.ocdaction.org.uk)

Email: [schools@ocdaction.org.uk](mailto:schools@ocdaction.org.uk)

Phone: 020 7253 5272

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### **OCD-UK**

OCD-UK is the leading national charity, independently working with and for almost one million children and adults whose lives are affected by OCD. They provide support and advice for individuals diagnosed with OCD and their family and friends.

Web: [www.OCDuk.org](http://www.OCDuk.org)

Email: [support@OCDuk.org](mailto:support@OCDuk.org)

Phone: 0845 120 3778

Online Support: <http://www.ocdforums.org/>

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**Online OCD Support Groups**

Parents of teens and young adults with OCD:

<http://groups.yahoo.com/neo/groups/OCD-POTAYA/info>

The OCD and Parenting List:

<http://groups.yahoo.com/neo/groups/ocdandparenting/info>

Support for teens:

<http://groups.yahoo.com/neo/groups/ocdsupportforteens/info>

OCD Support: <http://groups.yahoo.com/neo/groups/OCD-Support/info>

OCD 12 Step: <http://groups.yahoo.com/neo/groups/OCD12Step/info>

OCD Self Help: <http://groups.yahoo.com/neo/groups/OCD-Selfhelp/info>

OCD Tribe: <http://www.ocdtribe.com/>

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# Trauma & Abuse Resources

Most of these services provide helpline numbers.  
However, please remember

**In an emergency dial 999**



### **Action for Children**

Action for Children supports & speaks out for the UK's most vulnerable & neglected children and young people, for as long as it takes to make a difference in their lives.

Web: <http://www.actionforchildren.org.uk/>

Find Services: <http://www.actionforchildren.org.uk/our-services>

email: [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

Contact: 01923 361 500 (Mon–Fri 9am-5pm)

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### **ASSIST Trauma Care**

When trauma strikes it does so suddenly, completely out of the blue. A traumatic occurrence can take many forms - an attack, a transport incident, a fire. What all these and many other traumatic incidents have in common is the enormous impact they have on the life of an individual or group of individuals and the overwhelming emotion generated. For those affected it feels as if life will never be the same again. At ASSIST we offer therapy to individuals and families, adults and children.

Web: <http://www.assisttraumacare.org.uk/>

Helpline: 01788 560800

Office: 01788 551919

Email: <http://www.assisttraumacare.org.uk/contact>

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### **Barnardo's**

Barnardo's transforms the lives of the most vulnerable children across the UK through the work of our services. We believe we can bring out the best in every child whether the issue is child poverty, sexual exploitation, disability or domestic violence.

Barnardo's works in the areas of:

[Advocacy](#), [Alcohol and substance misuse](#), [Black and minority ethnic communities](#), [Child poverty](#), [Children in trouble](#), [Children leaving care](#), [Children leaving asylum](#), [Disability and inclusion](#), [Domestic violence](#), [Education](#), [Fostering and adoption](#), [Homelessness](#), [Mental health](#), [Parenting support](#), [Sexual abuse](#), [Sexual exploitation](#), [Young carers](#)

Web: [www.barnardos.org.uk](http://www.barnardos.org.uk)

Email: [supportercare@barnardos.org.uk](mailto:supportercare@barnardos.org.uk)

Phone: 0208 550 8822

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### **The Children's Society**

We are a children's charity who help children at risk on the streets, disabled children, young refugees, young carers or those within the youth justice system.

Web: <http://www.childrenssociety.org.uk>

Email: [supportercare@childrenssociety.org.uk](mailto:supportercare@childrenssociety.org.uk)

Find Services: <http://www.childrenssociety.org.uk/in-your-area>

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### **ECPAT UK**

ECPAT UK encourages youth involvement in all aspects of its work. We work with partner organisations to enable young people to campaign against sexual exploitation and to increase service provision and support for child victims of trafficking. The Youth Programme works with youth networks, schools & directly with young victims in the UK.

Web: <http://www.ecpat.org.uk>

Email: [info@ecpat.org.uk](mailto:info@ecpat.org.uk)

Contact: 0207 6072 136

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### **The Lucy Faithfull Foundation**

The Lucy Faithfull Foundation (LFF) is dedicated to reducing the risk of children being sexually abused. We work with entire families that have been affected by sexual abuse.

We offer a broad range of services for professionals and members of the public: assessments, intervention and treatment of known offenders, case specific advice and support, training and development courses and workshops, educational programmes for internet offenders and their families, circles of support and accountability and internet safety seminars for teachers, parents & children.

We offer face-to-face sessions for those who have committed offences, or are worried about their potential to offend.

The Lucy Faithfull Foundation has years of experience of working with the partners and families of both victims and perpetrators, as well as those seeking prevention advice due to concerns in the family.

Web: <http://www.lucyfaithfull.org.uk>

Contact: 01372 847160

Email: [wolvercote@lucyfaithfull.org.uk](mailto:wolvercote@lucyfaithfull.org.uk)



### **Man Kind Initiative**

Support for male victims of domestic abuse and domestic violence. One in six men will be a victim of domestic abuse in their lifetime. If you are a male victim:

YOU ARE NOT TO BLAME.  
YOU ARE NOT 'WEAK'.  
YOU ARE NOT ALONE.

Web: <http://www.mankind.org.uk/>

Email: [admin@mankind.org.uk](mailto:admin@mankind.org.uk) (do not respond to victims seeking help via email for safety reasons)

National Helpline: 01823 334244 (Mon-Fri 10am-4pm & 7pm-9pm.)

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### **North Surrey Domestic Abuse Outreach**

We are the North Surrey Domestic Abuse Service. This service is for men and women living in the boroughs of Elmbridge, Epsom & Ewell and Spelthorne who are affected by domestic abuse within an existing relationship or from a previous relationship. We are managed by the Walton, Weybridge and Hersham Citizens Advice Bureau and the service is free and confidential. We work in partnership with the 3 other domestic abuse outreach services in Surrey: ESDAS, Your Sanctuary and Guildford & Waverley outreach.

Web: <http://www.nsdao.org.uk/>

Helpline: 01932 260690 (Mon-Fri 9.30am – 4.30pm)

Email: [nsdvoutreach.waltoncab@cabnet.org.uk](mailto:nsdvoutreach.waltoncab@cabnet.org.uk)

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### **NSPCC: National Society for Prevention of Cruelty to Children**

Our vision is to end cruelty to children in the UK by campaigning to change law, provide ChildLine and NSPCC helpline services, and more. Providing Support and Services for Children and Families across the UK: [http://www.nspcc.org.uk/what-we-do/the-work-we-do/services-for-children/direct-services-for-children-and-families\\_wda72290.html](http://www.nspcc.org.uk/what-we-do/the-work-we-do/services-for-children/direct-services-for-children-and-families_wda72290.html)

Web: <http://www.nspcc.org.uk>

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Worried about a child Helpline: 0800 800 5000 (24 hours)

Worried about a child Text: 88858

Childline: 0800 1111 (24 hours)

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### **Pace: Parents Against Child Exploitation**

Pace works alongside parents and carers of children who are – or are at risk of being – sexually exploited by perpetrators external to the family. We offer guidance and training to professionals on how child sexual exploitation affects the whole family.

Pace is a unique resource that helps parents to understand what is happening to their child and how parents are the prime agents in helping their child exit exploitative relationships.

Web: <http://www.paceuk.info>

Email: [info@paceuk.info](mailto:info@paceuk.info)

Phone: 0113 240 3040

Advice: <http://www.paceuk.info/support-for-parents/advice-centre/>

Parent Network Days: <http://www.paceuk.info/support-for-parents/parent-network-days/>

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### **Parents Protect**

This website is an information and resources website which aims to raise awareness about child sexual abuse, answer questions and give adults the information, advice, support and facts they need to help protect children.

Web: <http://www.parentsprotect.co.uk/home.htm>

Helpline: 0808 1000 900 (Mon-Thurs 9am-9pm; Fri 9am-7pm)

Email: [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk)

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### **Rape Crisis**

Rape Crisis Centres provide crucial crisis and long-term specialised support, counselling and independent advocacy for women and girls of all ages who have experienced any form of sexual violence at any time in their lives; whether recently and/or in the past. Rape Crisis Centres are community-based, and independent of government and the criminal justice system.

Web: <http://www.rapecrisis.org.uk/>

Helpline: 0808 802 9999 (Daily 12-2.30pm; 7-9.30pm 365 days of the year)

Find a Centre: <http://www.rapecrisis.org.uk/centres.php>

Email: [rcewinfo@rapecrisis.org.uk](mailto:rcewinfo@rapecrisis.org.uk)

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### **Rape and Sexual Abuse Support Centre (RASAC)**

We believe too many women have had to be silent for too long about the violence perpetrated against them. We understand that it can be difficult to speak up, hard to find the words or to believe that anyone will listen. We will listen. We will believe. We will stand up alongside you. You do not have to do this alone.

We provide face-to-face counselling for women aged 14+, who have been raped or sexually abused at any time in their lives and who live /work in South London.

A person can report a crime at any time after the event – there is not a time limit. We provide a comprehensive service to women and girls aged 12 and upwards who have survived rape and who are thinking about reporting it or who are currently going through the Criminal Justice System. We offer support during this difficult time, accepting and understanding how a client may be feeling. We give as much information about the legal process as the client needs or requests.

Web: <http://www.rasac.org.uk/>

Email: [info@rasac.org.uk](mailto:info@rasac.org.uk)

National Helpline: 0808 802 9999 (Daily 12pm-2.30pm& 7pm-9.30pm)

Counselling Helpline: 0208 683 3311 (Monday-Friday 10am-6pm)

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### **Refuge**

Refuge is committed to a world where domestic violence is not tolerated and where people can live in safety. We aim to empower women & children to rebuild their lives, free from violence and fear. We provide a range of life-saving and life-changing services, and a voice for the voiceless. Refuge offers:

Provision: Our national network of services supports women and children to regain control of their lives and move forwards in a positive way.

Protection: Encouraging other agencies to develop best practice approaches.

Prevention: Helping to prevent domestic violence through campaigning, education, training and research.

Web: <http://refuge.org.uk/>

Email: [info@refuge.org.uk](mailto:info@refuge.org.uk)

Helpline: 0808 2000 247 (24 hours)

Phone: 020 7395 7700



## Respect

Respect is a membership organisation. We develop, deliver and support effective services for:

- Male and female perpetrators of domestic violence.
- Young people who use violence and abuse.
- Men who are victims of domestic violence.

Our Services Include:

- Support, resources and [training](#) for members.
- Managing [accreditation](#) of perpetrator programmes.
- Developing work with [young people](#).
- Promoting knowledge of [research](#) about domestic violence and collaboration between researchers, practitioners and policy makers.
- Influencing public policy and providing a national voice on men's violence against women.
- Running the [Respect Phonenumber](#), a confidential helpline for domestic violence perpetrators and professionals who would like further info about services.
- Running the [Men's Advice Line](#), a confidential helpline offering support, information and practical advice to male victims of domestic violence.

Web: <http://www.respect.uk.net/> or [www.mensadvice.org.uk](http://www.mensadvice.org.uk)

Email: [info@respect.uk.net](mailto:info@respect.uk.net) or [info@mensadvice.org.uk](mailto:info@mensadvice.org.uk)

The Respect Phonenumber: 0808 802 4040

The Men's Advice Line: 0808 801 0327

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## The Safe Network

The Safe Network provides safeguarding information related to activities outside the home – from after school art clubs to weekend reading groups. So if you're wondering whether your child or group is safe, read on. The website has support and advice for parents through the following links:

[http://www.safenetwork.org.uk/help\\_and\\_advice/parenting/Pages/default.aspx](http://www.safenetwork.org.uk/help_and_advice/parenting/Pages/default.aspx)

<http://www.safenetwork.org.uk/resources/Pages/interactive-module-child-safety.aspx>

Web: <http://www.safenetwork.org.uk>

Email: [enquiries@safenetwork.org.uk](mailto:enquiries@safenetwork.org.uk)

Phone: 0845 608 5404



### **Stop it Now!**

Stop it Now! has produced leaflets & posters for children, families and professionals to raise awareness & prevent child sexual abuse.

Web: <http://www.stopitnow.org.uk/home.htm>

Helpline: 0808 1000 900 (Mon – Thurs, 9am – 9pm; Fri 9am – 5pm)

Email: [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk)

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### **Victim Support**

We are the national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected across England and Wales. We also speak out as a national voice for victims and witnesses and campaign for change.

We are not a government agency or part of the police and you don't have to report a crime to the police to get our help. You can call us any time after the crime has happened, whether it was yesterday, last week or several years ago.

Web: <http://www.victimsupport.org/>

Phone: 0845 3030 900

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### **Women's Aid**

Women's Aid is the key national charity working to end domestic violence against women and children. We support a network of over 350 domestic and sexual violence services across the UK.

Web: <http://www.womensaid.org.uk/>

Help Line: 0808 2000 24 (24 hours)

EMAIL: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)\*

\*Please note we can not respond to emails by telephone as safety may be compromised. If you wish to speak to somebody please call the number above.

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**yourSanctuary: Surrey Domestic Abuse Charity**

yourSanctuary, formerly called Surrey Women's Aid, is a local charity that provides a range of services which offer emotional and practical support to people and their children who are experiencing or have experienced domestic abuse.

Helpline

Our 24/7 emergency helpline offers immediate emotional support to people experiencing domestic abuse, as well as confidential advice and information. We also respond to enquiries from public and private agencies, community organisations and other non-profit groups.

Refuge

On any day in the UK there are 7,000 women and children fleeing domestic abuse and living in a refuge. yourSanctuary operates two safe houses for women and their children. We help domestic abuse survivors make the transition from temporary refuge to independent living. Our residents upon leaving refuge have told us that they felt they were empowered to make choices and take control of their own lives.

Community Based Support

Our team of outreach workers are advocates for people experiencing abuse & offer practical and emotional support. Including free weekly legal and counselling clinics.

Children's Services

Our aim is to improve the safety and welfare of children living with domestic abuse and to promote the rights of children who have experienced domestic abuse.

Web: <http://www.yoursanctuary.org.uk/>

Helpline: 01483 776822

Email: [info@yoursanctuary.co.uk](mailto:info@yoursanctuary.co.uk)

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# **Bereavement Resources**



### **Care Confidential**

Free confidential counselling, support, help and advice if you are facing an unplanned pregnancy or have post-abortion concerns.

Web: <http://www.careconfidential.com/>

Phone: 0300 4000 999 or 01256 477300

Email: [office@careconfidential.org.uk](mailto:office@careconfidential.org.uk)

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### **Childhood Bereavement Network**

The majority of young people will be bereaved of someone close to them by the time they are sixteen. Bereavement is a major life change, and children and young people will need the offer of support from those around them to help them manage its impact. We signpost to local and national agencies supporting bereaved children and provide information for parents, professionals and children/young people.

Web: <http://www.childhoodbereavementnetwork.org.uk/haad.htm>

Email: [cbn@ncb.org.uk](mailto:cbn@ncb.org.uk)

Phone: 020 784 363 09

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### **Child Bereavement UK**

We support families when a child dies or is dying, or when a child is facing bereavement. We provide confidential support, info & guidance to families.

Phone: 0800 02 88 40 9am - 5pm (Monday-Friday 9am-5pm)

E-mail: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Web: <http://www.childbereavementuk.org/Support>

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### **Cruse Bereavement Care (Local: Surrey)**

We have a helpline 01932 571177 which is monitored twice a day by a team of bereavement volunteers. Bereaved clients are asked to leave their contact details on an answer phone and we get back to them very quickly to take their details and explain the services we can offer.

Web: [www.cruse.org.uk/surrey-north-area](http://www.cruse.org.uk/surrey-north-area)

Email: [surreynorth@cruse.org.uk](mailto:surreynorth@cruse.org.uk)

Tel: 01932 571167.

Address: The Sainsbury Centre, Chertsey, Surrey KT16 9AG. Usually open on Tuesdays and Fridays.

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### **Cruse Bereavement Care (National)**

Support for you after the death of someone close. Face-to-face and group support is delivered by trained bereavement support volunteers. We also offer information, publications, and support for children.

Phone: 0844 477 9400

E-mail: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Web: [www.cruse.org.uk](http://www.cruse.org.uk)

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### **Grief Encounters (Helping Bereaved Children)**

Our vision is that every UK bereaved child and family, receives access to support to alleviate the pain caused by the death of someone close.

We provide information advice & support through our website and specialist resources. including; Teenage Guide to Life and Death, specialist grief groups for young people, monthly drop in, 1:1 counselling, Skype bereavement support, residential camp and family days to meet in a relaxed atmosphere to remember your loved one.

Web: <http://www.griefencounter.org.uk/>

Email: [contact@griefencounter.org.uk](mailto:contact@griefencounter.org.uk)

Phone: 020 8371 8455 (Mon-Fri 9am – 5pm)

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### **SAVE: Suicide Awareness Voices of Education**

If you have lost someone to suicide, the feelings can be overwhelming and unmanageable. We offer tools that can help you cope with grief.

Web: <http://www.save.org/>

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### **Winston's Wish**

The leading childhood bereavement charity and the largest provider of services to bereaved children, young people and their families in the UK. We offer practical support and guidance to families, professionals and anyone concerned about a grieving child. We believe that the right support at the right time can enable young people to live with their grief and rebuild positive futures.

Web: <http://www.winstonswish.org.uk>

Helpline: 0845 03 04 05

Email: [info@winstonswish.org.uk](mailto:info@winstonswish.org.uk)

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# **Overcoming Addiction Resources**



### **Action on Addiction**

Offers support for families and training for people working with them.

Web: <http://www.actiononaddiction.org.uk/Family-Support.aspx>

Email: [admin@actiononaddiction.org.uk](mailto:admin@actiononaddiction.org.uk)

Phone: 0300 330 0659

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### **AddAction**

Our aim is to help transform the lives of people affected by drug and alcohol problems. We do this by offering a wide range of services in England and Scotland. Not only do we help the individual recover, but we also offer support to those closest to them.

Web: <http://www.addaction.org.uk/>

Email: [info@addaction.org.uk](mailto:info@addaction.org.uk)

Phone: 020 7251 5860

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### **Adfam**

Adfam is a national umbrella charity that supports families and friends affected by someone else's drug or alcohol use. We have an online map with local family support groups and although we are not a helpline, we can signpost people to the appropriate ones. Adfam gives free publications to family members that ring or email us, although these cost for professionals. They can be found online. We also support professionals working with family members as we provide training. Adfam is involved in regional development work and research into specific issues surrounding family-member drug and alcohol use.

Web: <http://www.adfam.org.uk>

Email: [admin@adfam.org.uk](mailto:admin@adfam.org.uk)

Phone: 020 753 7640

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### **Al-Anon Family Groups**

We 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.

Web: <http://www.al-anonuk.org.uk/>

Email: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)

Helpline: 0207 4030 888 (10am-10pm all year)

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### **Alcohol Concern**

Alcohol Concern is the national agency on alcohol misuse campaigning for effective alcohol policy and improved services for people whose lives are affected by alcohol-related problems.

Web: <http://www.alcoholconcern.org.uk/>

Phone: 0207 566 9800

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### **Alcoholics Anonymous (AA)**

AA is a fellowship of people who share their experience, strength & hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Web: <http://www.alcoholics-anonymous.org.uk/>

Helpline: 0845 769 7555

E-mail: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

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### **Catch 22 24/7**

We are a county-wide specialist treatment service, offering a range of support for young people, aged 11 to 21, who have problems with drugs or alcohol. We have a multi-professional staff team of specialists that work with you.

Anyone can refer, including the young people themselves. Referring is simple, either complete the [online referral form](#) or use one of the following options:

Web: [www.catch-22.org.uk/247](http://www.catch-22.org.uk/247)

Email: [247@catch-22.org.uk](mailto:247@catch-22.org.uk)

Telephone: 01372 832 905

Free phone: 0800 622 6662 (emergency referral/crisis line for children & families)

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### **Drug Scope**

DrugScope is the UK's leading independent centre of expertise on drugs and the national membership organisation for the drugs field.

Web: <http://www.drugscope.org.uk/>

Email: [info@drugscope.org.uk](mailto:info@drugscope.org.uk)

Phone: 0207 234 9798



### **Fixers**

Shared stories and advice on alcohol, drugs, crime and other issues for children, young people and families.

Web: <http://choices.fixers.org.uk/>

Email: [talk2me@fixers.org.uk](mailto:talk2me@fixers.org.uk)

Phone: 01962 810970

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### **Gamblers Anonymous**

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. The key to stopping your gambling is to attend meetings and seek help, support and advice from other compulsive gamblers.

Web: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

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### **Lifeline**

'We work with individuals, families and communities both to prevent and reduce harm, to promote recovery, and to challenge the inequalities linked to alcohol and drug misuse'.

Web: <http://www.lifeline.org.uk/>

Phone: 0161 832 8073

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### **Narcotics Anonymous (NA)**

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only ONE requirement for membership, the desire to stop using.

Web: <http://ukna.org/>

Helpline: 0300 999 1212

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### **NHS Choices Alcohol Support**

Includes information on alcoholism, binge drinking and caring for someone with an alcohol problem.

Web: <http://www.nhs.uk/Livewell/alcohol/Pages/AlcoholSupport.aspx>

## Release

### Release

Release is the national centre of expertise on drugs and drugs law. The organisation, founded in 1967, is an independent and registered charity. Through our services the team provides free non-judgmental, specialist advice and information to the public and professionals on issues related to drug use and to drug laws. Drugs helpline that also provides free legal advice on drug issues.

Web: <http://www.release.org.uk/>

Email: [ask@release.org.uk](mailto:ask@release.org.uk)

Helpline: 020 7324 2989

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### SADAS: Southern Addictions Advisory Service

Southern Addictions Advisory Service is firmly dedicated to improving the lives of drug and alcohol users. All our services are based on trust, honesty and openness. We recognise that talking about problems and working around drug use requires our clients to trust us and know that information will be treated with respect.

Telephone: 01483 590150

Web: <http://www.sadas.org.uk/about/service>

Email Counselling: [http://www.sadas.org.uk/help/email\\_counselling](http://www.sadas.org.uk/help/email_counselling)

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### Stars National Initiative

Stars National Initiative is a hub of information, guidance and resources on parental drug and alcohol misuse, and the impact it has upon children and families.

Web: <http://www.starsnationalinitiative.org.uk/>

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### Talk to Frank

Frank helps you to find out everything you might want to know about drugs (and some stuff you don't). For friendly confidential advice, talk to Frank

Web: <http://www.talktofrank.com/>

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

Phone: 0300 123 6600 or 0800 77 66 00

SMS: 82111

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### **Turning Point**

Turning Point is one of the largest providers of substance misuse services in England and Wales. We have been helping people find a new direction and recover for good for more than 50 years. We provide a range of drug and alcohol services, helping you recover from addiction and gain control of your life.

Web: <http://www.turning-point.co.uk/substance-misuse.aspx?gclid=CNrjr5fOhbsCFbMPtAoddC8A9w>

Email: [info@turningpoint.co.uk](mailto:info@turningpoint.co.uk)

Phone: 0207481 7600

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### **Windmill Community Drug and Alcohol Team**

The team provides a substance misuse service for drug and alcohol users. Outside of our normal opening hours, we also run some clinics in the evening to allow easier access to our services. We are unable to provide emergency care.

We take self referrals from anyone who wants help, either over the phone or face to face. Our duty worker will talk through the most appropriate options, whether that be in our service or a referral to a more appropriate service such as SHROT or SAdAS.

Areas covered: Runnymede, Spelthorne, Surrey Heath, Woking

Telephone Number: 01932 723309

Opening Times: Monday - Wednesday, Friday, 9am - 5pm, Thursday, 9am - 8pm

Out of Hours Contact, Trust Crisis Line: 0300 456 83 42

SMS texting for people who are deaf or hard of hearing: 07717 989024

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# **Eating Disorder Resources**



### **Anorexia and Bulimia Care**

Anorexia & Bulimia Care (ABC) is a UK national eating disorder organisation. It provides advice & support to anyone affected by anorexia, bulimia, binge eating and all kinds of eating distress. We support sufferers, families and friends with recovery.

Web: <http://www.anorexiabulimiare.org.uk/>

Email: [mail@anorexiabulimiare.org.uk](mailto:mail@anorexiabulimiare.org.uk)

Tel: 03000 11 12 13

Parent: Option 1      Sufferer: Option 2      Self-Harm: Option 3

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### **B-EAT UK**

B-eat provides helplines, online support and a network of UK wide self-help groups to help young people in the UK beat their eating disorders.

Web: <http://www.b-eat.co.uk/>

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk) or [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

Helpline: 0845 634 1414

Youthline: 0845 634 7650 (age 25 or under; Mon-Thurs 1.30pm-4.30pm)

SMS: 07786 201 820

Live Chat: <http://www.b-eat.co.uk/get-help/get-support/live-chat/>

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### **Body**

Body is a charitable organisation that actively celebrates individuality and strives to cure those with body disorders. We believe in 'Being One Distinguished You' because we are ALL unique and beautiful.

Web: <http://bodycharity.pride-park.com/about-body-charity>

Email: [help@bodycharity.co.uk](mailto:help@bodycharity.co.uk)

Phone: 01332 258833

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### **Campaign Against Living Miserably (CALM)**

A mental health website aimed at increasing mental health and well-being in young men. They have specialist information relating to ED.

Web: <http://www.thecalmzone.net/help/issues/eating-disorders/?gclid=CN3EmajGkbsCFUUOwwodkX0A1w>

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**Eating Disorder Support Group:** 01483 757461

**Carers Eating Disorders Support Group:** 01483 757461



# **Autism, Aspergers & Sensory Processing Resources**



### **Action for Asperger's**

The first, main aim of the charity is to counsel neurotypical persons whose lives are in distress or upset as a consequence of their experience with their family or friend's Asperger's Syndrome. The second, but no less important, aim of the charity is to provide a counselling and emotional support service for any child/adolescent/adult who has Asperger's Syndrome.

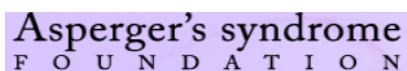
Web: <https://www.actionforaspergers.org/>

Email: [info@actionforaspergers.org](mailto:info@actionforaspergers.org)

Urgent Calls: 0777 380 1506

Office Contact: 01823 272288

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### **Asperger's Syndrome Foundation**

The Asperger's Syndrome Foundation is committed to promoting awareness and understanding of Asperger's Syndrome. The foundation aims to promote high quality support and services, and to enable people with Asperger's syndrome to develop into members of the community who are respected for their contribution. The foundation provides information and advice for people whose lives have been touched by Asperger's Syndrome.

Web: <http://www.aspergerfoundation.org.uk/#>

Email: [info@aspergerfoundation.org.uk](mailto:info@aspergerfoundation.org.uk)

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### **Autism Initiatives**

Our expectation is that people with autism can learn and develop and we support this process every single day. We will create unique services for people to enable them to have ownership of their own lives and future.

Autism Initiatives UK provides a range of person centred services throughout the UK. The charity provides services to children and adults, and encompasses education, residential houses, supported living and outreach services.

Web: <http://www.autisminitiatives.org/>

Email: [info@autisminitiatives.org](mailto:info@autisminitiatives.org)

Contact: 0151 330 9500 or 0151 909 3615

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### **Autism Speaks**

At Autism Speaks our goal is to change the future for all who struggle with autism spectrum disorders. Visit our website for information and resources for families.

Web: <http://www.autismspeaks.org/>

Email: [familyservices@autismspeaks.org](mailto:familyservices@autismspeaks.org)

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### **The National Autistic Society**

We are the leading UK charity for people with autism (including Asperger's syndrome) & their families. We provide info, support services & campaign for a better world for people with autism.

Web: <http://www.autism.org.uk/>

Email: [nas@mugs.org](mailto:nas@mugs.org)

Helpline: 0808 800 4104 (Mon-Fri 10am – 4pm)

Find Services: <http://www.autism.org.uk/our-services/find-nas-services-in-your-area.aspx>

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### **Peach**

Peach is a parent-led charity that promotes Early Intensive Behavioural Intervention (EIBI) for young children with autism. We are passionate about releasing the innate potential of each individual child we work with.

Web: <http://www.peach.org.uk/>

Email: [info@peach.org.uk](mailto:info@peach.org.uk)

Phone: 01344 882248

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### **The Sensory Integration Network**

The SI Network (UK & Ireland) is a not-for-profit organisation, promoting education, good practice and research into the theory and practice of Ayres' Sensory Integration. We support those with sensory processing difficulties (also called sensory integration dysfunction or sensory processing disorder).

Web: <http://www.sensoryintegration.org.uk/>

Email: [support@sensoryintegration.org.uk](mailto:support@sensoryintegration.org.uk)

Text: 0118 324 0003

Call: 0118 324 1588

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### **Sensory Processing Disorder Foundation**

The SPD Foundation is a world leader in research, education, and advocacy for Sensory Processing Disorder, a neurological condition that disrupts the daily lives of many children and adults. Originally called the KID Foundation, SPDF has been providing hope and help to individuals and families living with SPD. We provide information, advice, support and resources relating to SPD for parents, carers, families and professionals.

Web: <http://www.spdfoundation.net>

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### **Treating Autism**

Treating Autism, a charity run entirely by volunteers, provides information and support to families and individuals affected by autism with the aim of improving their quality of life. We run local autism support groups across the United Kingdom which provide often-isolated parents a chance to meet. We run a YouTube channel, where we have placed highlights and interviews from our 2011 conference. Treating Autism also creates and publishes documents that are provided free of charge, to the wider community. Our charity also runs an active Facebook community, a Twitter feed, and is a proud member of the Autism Collaboration.

Web: <http://treatingautism.co.uk/>  
Email: [mail@treatingautism.co.uk](mailto:mail@treatingautism.co.uk)

# **ADHD**

# **Resources**



### **ADDISS**

National attention deficit disorder information and support service provides people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.

Web: <http://www.addiss.co.uk/>

Phone: 020 8952 2800

E-mail: [info@addiss.co.uk](mailto:info@addiss.co.uk)

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## **ADHD Foundation**

### **ADHD Foundation**

The ADHD Foundation, in partnership with individuals, families, doctors, teachers and other agencies, works to:

- Build a positive foundation for life.
- Improve life chances through better understanding and management of ADHD.
- Raise awareness & understanding of ADHD - change the negative perception of ADHD into positive.
- Bring about positive change and inclusion within policy and practice.
- Support schools, GP's, youth justice services and other professionals who work with people living with ADHD.

The ADHD Foundation supports achievement, educational attainment, mental health and employability. We work in partnership with those living with ADHD, enabling them to understand and manage ADHD.

Web: <http://www.adhdfoundation.org.uk/>

Services for Parents: <http://www.adhdfoundation.org.uk/parent.php>

Phone: 0151 237 2661

Email: [info@adhdfoundation.org.uk](mailto:info@adhdfoundation.org.uk)

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### **ADHD Pages**

This website provides a list of pages referring to ADHD issues that are available at the new Hi2u 4 people with hidden impairments web site; found by clicking on the relevant links on the page. The resources are suitable for families, children, young people and professionals.

Web: <http://www.adhd.org.uk/>

Email: [info@adhd.org.uk](mailto:info@adhd.org.uk)

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### **ADHD Together**

This resource helps parents, carers & teachers work together in supporting school-age children with ADHD. The website provides info & resources to support children with ADHD at home & school.

Web: <http://www.adhdtogether.com>

Email: [corpcomms@shire.com](mailto:corpcomms@shire.com)

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### **UKAAN**

The UK Adult ADHD Network (UKAAN) was established in March 2009 to provide support, education, research and training for mental health professionals working with adults with Attention Deficit Hyperactivity Disorder (ADHD). UKAAN was founded by a group of experienced mental health specialists who run clinical services for adults with ADHD within the National Health Service. The Network was established in response to UK guidelines from the National Institute of Health and Clinical Excellence (NICE, 2008) and the British Association for Psychopharmacology (Nutt et al., 2007) which, for the first time, gave evidence based guidance on the need to diagnose and treat ADHD in adults as well as in children; and in response to the relative lack of training and support in this area for professionals working within adult mental health services.

Web: [www.ukaan.org](http://www.ukaan.org)

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# **Learning Disability Resources**





### **Fitzroy**

FitzRoy works to transform the lives of people with learning disabilities, helping them live more independently at home and in the community. We listen to people, helping them make their own choices. We believe disabilities shouldn't exclude or hold people back from doing the things they want to do.

FitzRoy is a national charity that helps people with learning disabilities to live more independently. We provide support to people in their home and out in the community, helping them to make their own choices and encouraging them to succeed.

Web: <http://www.fitzroy.org/>

Helpline: 0808 168 4662

Contact: 01730 711 111 (national) or 01428 752 260 (South Region)

Email: [info@fitzroy.org](mailto:info@fitzroy.org) (national) or [info.sro@fitzroy.org](mailto:info.sro@fitzroy.org) (South Region)

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### **Mencap**

We work in partnership with people with a learning disability, and all our services support people to live life as they choose. Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers. Mencap Direct is the easiest way for you to access advice and information about learning disability and find the right support and Mencap services in your area.

The Gateway Award is an activity award which people with a learning disability of any age or ability can take part in.

<http://www.mencap.org.uk/gatewayaward>

Inspire Me provides practical activities, training and community learning to give young people aged 14-25 with a learning disability the opportunity to build their confidence and learn new life skills.

<http://www.mencap.org.uk/what-we-do/our-projects/inspire-me>

Raising Your Game is a Mencap project for young people aged between 14 and 25, with a learning disability or communication difficulty, who have been in trouble with the police or are at risk of getting into trouble. <http://www.mencap.org.uk/what-we-do/our-projects/raising-your-game>

Web: <http://www.mencap.org.uk>

Helpline: 0808 808 1111 (Mon-Fri 9am – 5pm)

Email: [Help@Mencap.org.uk](mailto:Help@Mencap.org.uk)



**Local Mencap Groups:**

Runnymede and Spelthorne:

<http://www.mencap.org.uk/local-groups/group/runnymede-spelthorne-mencap-society>

Elmbridge:

<http://www.mencap.org.uk/local-groups/group/elmbridge-mencap>

Ashford (Penrose Club):

<http://www.mencap.org.uk/local-groups/group/penrose-club>

# **Carers Support Resources**



**CAMHS Surrey and Borders:**

Surrey CAMHS provide a carers information pack to support families and carers of young people with mental health difficulties. Please see the link below.

<http://www.sabp.nhs.uk/serviceusers-carers/carers/carersinfopack>

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**Children’s Social Care Emergency Team**

If you have a concern about the safety of a child please contact us on the number below – in an emergency please call 999.

Phone: 01483 517895

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**Contact a Family**

Contact a Family is committed to ending the poverty, disadvantage and isolation experienced by families with disabled children across the UK. We support families whatever their child's disability or health condition with a wide range of life-changing help and services.

Web: <http://www.cafamily.org.uk>

Email: [info@cafamily.org.uk](mailto:info@cafamily.org.uk)

Phone: 0808 808 3555

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**Family Lives**

Family Lives is a charity helping parents to deal with the changes that are a constant part of family life. We know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Our role is to support all of you to achieve the best relationship possible with the children you care about, as well as supporting parenting professionals. Nearly all our services are accessible at no charge to parents 365 days a year.

People contact us about all aspects of family life including child development, school issues and parenting/relationship support. We respond when life becomes complicated and provide support around family breakdown, aggression in the home, bullying, risky behaviour and mental health concerns of both parents and their children. It is good to talk. We can help you find solutions and further support.

Web: <http://familylives.org.uk/>

Phone: 0808 800 2222



### **Family Rights Group**

We are the charity in England and Wales that advises families whose children are involved with or need children's services because of welfare needs or concerns.

We promote policies and practices, including family group conferences, that help children to be raised safely and securely within their families, and campaign for effective support to assist family, friends and carers, including grandparents who are raising children that cannot live at home. Advice for parents and other family members whose children are involved with, or require, social services.

Web: <http://www.frg.org.uk/>

Email: [advice@frg.org.uk](mailto:advice@frg.org.uk)

Helpline: 0808 801 0366

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### **First Steps Surrey**

Support for Parents Emotional Wellbeing. Welcome to First Steps, for information on emotional well-being material and training. Our aim is to provide the general public, communities and organisations with relevant information and strategies to help raise awareness on emotional well-being and to reduce the stigma surrounding mental health issues.

Web: <http://www.firststeps-surrey.nhs.uk/>

Email: [Firststeps@nhs.net](mailto:Firststeps@nhs.net)

Phone: 0808 801 0325

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### **Grandparents as Parents**

Grandparents as Parents is an independent family run organisation (not a charity) working with grandparents and other kinship carers who are bringing up relatives' children full time and campaigning for grandparents rights.

Web: <http://www.grandparentsasparents.org.uk/>

Email: [grandparentsasparents@hotmail.com](mailto:grandparentsasparents@hotmail.com)

Phone: 01253 691600

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### **Grandparents Association**

Services include a helpline, welfare benefits advice, publications and support groups especially for grandparents.

Web: <http://www.grandparents-association.org.uk/>

Email: [info@grandparents-association.org.uk](mailto:info@grandparents-association.org.uk) or [advice@grandparents-association.org.uk](mailto:advice@grandparents-association.org.uk)

Helpline: 08454349585

Phone: 01279 428040

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### **Grandparents Plus**

The national charity that champions the vital role of grandparents, when they take on the caring role in difficult family circumstances.

Web: <http://www.grandparentsplus.org.uk/>

Email: [info@grandparentsplus.org.uk](mailto:info@grandparentsplus.org.uk) or [advice@grandparentsplus.org.uk](mailto:advice@grandparentsplus.org.uk)

Helpline: 0300 123 7015

Phone: 020 8981 8001

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### **NSPCC: Positive Parenting**

Read our help and advice for creating a safe and nurturing environment for your children.

Web: [http://www.nspcc.org.uk/help-and-advice/for-parents/positive-parenting-tips/positive-parenting\\_wdh96984.html](http://www.nspcc.org.uk/help-and-advice/for-parents/positive-parenting-tips/positive-parenting_wdh96984.html)

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### **Surrey Family Links**

Email: [Surreyfamilylinks@org.uk](mailto:Surreyfamilylinks@org.uk)

Phone: 01483 225596

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### **ParentLine**

Email: [help@familyline.org.uk](mailto:help@familyline.org.uk)

Phone (national): 0845 800 2222

Phone (Surrey): 0808 800 5678

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### **Post Adoption Service:**

Phone: 0300 200 1006;

E-mail: [contact.centre@surreycc.gov.uk](mailto:contact.centre@surreycc.gov.uk)

# **Young Carers Support Resources**



### **Carers Trust: Young Carers**

YCNet is a website and online support service for young people aged 18 and under in the UK, who help to look after someone in their family who has an illness, disability, drug/alcohol addiction or mental health condition. This is a place where young carers can find others in a similar position, chat, share stories and hear about others' experiences in a safe environment. The team runs a programme of web chats with special guests who drop in once a month to chat to young carers.

Web: <http://www.youngcarers.net/>

Email: [help@carers.org](mailto:help@carers.org)

Phone: 0844 800 4361

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### **Caring Alone**

Caring Alone offers free online social and support services for young adult carers aged 16-30 years. Caring for a family member, friend or neighbour with health needs as varied as long-term illness, mental or physical disability, drug or alcohol misuse can be very demanding. Our service provides a place where carers can receive help, info & support.

Web: <http://www.caringalone.org.uk>

E-mail: [questions@caringalone.org.uk](mailto:questions@caringalone.org.uk)

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### **The Children's Society: Include Programme**

We reach out to young carers from all communities through national and local programmes, helping voluntary and statutory services supporting young carers. This group includes children and young people who care for parents or siblings who suffer from chronic illness or disability.

Web: <http://www.youngcarer.com/>

Phone: 01962 711511

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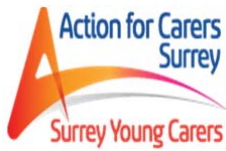


### **Family Action**

Family Action delivers support to young carers. At first contact, a worker from the Young Carers' Service will take some details about the family's situation and where possible will visit the family. This enables them to find out what is needed, start a young carers' assessment and agree a plan about the work we will do together.

Web: <http://www.family-action.org.uk/section.aspx?id=786>





### **Surrey Young Carers**

Surrey Young Carers is part of Action for Carers Surrey and has been supporting young carers under 18 across the county since 1996. We are there to support you in your caring role and help you to achieve your best at school, take part in activities, discover new interests and make friends.

Web: <http://www.surrey-youngcarers.org.uk/>

Email: [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)

Phone: 01737 248111 or 01482 568269 or 01932 564446

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# **Divorce & Separation Resources**



### **Actions for Children; it's not your fault**

Divorce, bereavement and children's behavioural problems. All families face difficult times at some stage during their lives. We're here to help them through.

Web: [www.itsnotyourfault.org.uk](http://www.itsnotyourfault.org.uk)

Email: [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

Phone: 01932 361 500 (Mon-Fri 9am-5pm)

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### **Divorce Aid**

Advice for children and families going through divorce.

Web: <http://www.divorceaid.co.uk/>

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### **Help Guide**

A parent's guide to supporting your child through a divorce.

Web: [http://www.helpguide.org/mental/children\\_divorce.htm](http://www.helpguide.org/mental/children_divorce.htm)

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### **National Youth Advocacy Service**

The National Youth Advocacy Service (NYAS) is a unique, 'not for profit', children's charity supplying a range of independent services to children, young people and their families. It can be used for information & support for children affected by divorce or separation.

Web: <http://www.actionforadvocacy.org.uk/>

Email: [info@actionforadvocacy.org.uk](mailto:info@actionforadvocacy.org.uk)

Phone: 0800 61 61 01 or 0808 808 1001

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### **Resolution**

Separation and Divorce; Helping parents to help children

Web: <http://www.resolution.org.uk/>

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### **Surrey Family Line**

It is not unusual to feel you need help with a problem, as even with support from family and friends you may feel they are just too close to the problem or maybe you don't ever really feel heard. We can help.

Web: <http://www.familyline.org.uk/>

[help@familline.org.uk](mailto:help@familline.org.uk)

Phone: 0808 800 5678

# **Mental Health Resources for Pregnancy & Abortion**



### **Action on Post Partum Psychosis**

Postpartum Psychosis is a severe mental illness, which has a sudden onset in the first few weeks following childbirth. We offer advice, support, forums and signposting for individuals and their families affected by this illness.

Web: <http://www.app-network.org/>

Email: [app@app-network.org](mailto:app@app-network.org)

Phone: 02033 229900

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### **The Association for Post Natal Illness**

The association provides a telephone helpline, information leaflets as well as a network of volunteers (phone and postal), who have themselves experienced PNI.

Web: <http://apni.org/>

Tel: 0207 386 0868 (Monday-Friday 10am-2pm)

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### **Care Confidential**

Free confidential counselling, support, help and advice if you are facing an unplanned pregnancy or have post-abortion concerns. Abortion information and abortion facts are available.

Web: <http://www.careconfidential.com/>

Helpline: 0300 400 999

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### **Cedar House Group**

We provide information and support on postnatal depression.

Web: <http://www.postnataldepression.com/home>

Guildford Support Group Information:

<http://www.postnataldepression.com/cedar-house-support-group>

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### **House of Light**

We are a charitable organisation, providing support, information and advice to women and their families affected by postnatal depression.

Web: <http://www.pndsupport.co.uk/>

Helpline: 0800 043 2031 (Mon – Fri 9am-5pm)

Email: [help@pndsupport.co.uk](mailto:help@pndsupport.co.uk)



### **PANDAS**

PANDAS is the leading UK charity in supporting families suffering from pre (antenatal) and postnatal illnesses. PANDAS vision is to support every individual, family and carer suffering with perinatal mental health illnesses. We campaign to raise awareness and remove the stigma.

We provide our PANDAS helpline, support groups, and online advice to all, plus much more.

Web: [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

Email: [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)

Helpline: 0843 28 98 401 (Mon-Sun 9am – 8pm, Mon- Sun)

Find a Support Group: <http://www.pandasfoundation.org.uk/how-we-can-help/support-groups.html#.UsV9aie0N5U>

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### **Post Natal Illness**

Our website and forum is run by sufferers and past sufferers (survivors) of Post Natal Illness (PNI). There are no experts here... but we can all offer to share our personal experiences, based on having been there too.

Web: <http://www.pni.org.uk/>

Email: [enquiries@pni.org.uk](mailto:enquiries@pni.org.uk) or [one2onesupport@pni.org.uk](mailto:one2onesupport@pni.org.uk)

Forum: <http://pniorguk.proboards.com/>

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# **Sexuality & Identity**

## outline

### Outline

Outline is a registered charity run by volunteers advising, befriending and supporting lesbian, gay, bisexual, transgendered and those questioning their sexuality in the strictest confidence. We run a telephone and email helpline as well as a face to face support group.

Web: [www.outlinesurrey.org](http://www.outlinesurrey.org)

Email: [info@outlinesurrey.org](mailto:info@outlinesurrey.org)

Helpline: 01483 727 667

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### Relate

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through this website.

Web: <http://www.relate.org.uk/home/index.html>

Helpline: 0300 100 1234

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### Schools Out

Provides both a formal and informal support network for all lesbians, gay men, bisexuals and transpersons in education.

Web: [www.schools-out.org.uk](http://www.schools-out.org.uk)

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### Stonewall

Stonewall also works with a whole range of agencies to address the needs of lesbians, gay men and bisexuals in the wider community. In addition Stonewall promotes new research on issues such as hate crime, lesbian health and homophobic bullying in schools.

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

Phone: 08000 50 20 20 (Mon-Fri 9.30am-5.30pm)

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# **Online Tools, Self Help & Counselling Resources**

### **Beating the Blues**

(Payment required)

Web: <http://www.beatingtheblues.co.uk/>

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### **DBT Self Help**

Dialectical Behaviour Therapy (DBT) Self Help is a service for people seeking information about DBT. It is written by people who have been through DBT, not professionals. The content of the website should be seen as peer support rather than professional advice.

Resources include short movies to help change your state of mind from panic to focusing on the moment, alternate diary cards, visual skills prompts, worksheets and more.

Web: [www.DBTselfhelp.com](http://www.DBTselfhelp.com)

Email: [lisa@dbtselfhelp.com](mailto:lisa@dbtselfhelp.com)

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### **Fear Fighter Light**

Fear Fighter is an online program for the treatment of panic/phobia. It is based on the evidence based approach Cognitive Behavioural Therapy (CBT). The program teaches you how to tackle your thoughts and challenge avoidance behaviours that characterise panic/phobia. You can print out worksheets for activities, monitor your progress, receive emails with further tips at the end of each step. Most sessions last 30 minutes. It is recommended that you do one session a week.

Web: <http://www.fearfighter.com/>

Email: [officeadmin@CCBT.co.uk](mailto:officeadmin@CCBT.co.uk)

Phone: 0121 288 1904

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### **Get Self Help (CBT)**

Get Self Help is a website that offers Cognitive Behaviour Therapy (CBT)-based self help and therapy resources. The resources include hundreds of free downloadable information leaflets and therapy worksheets, a free 7 step self help course, and self help mp3s.

Web: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) or [www.get.gg](http://www.get.gg)

Email: [Carol@get.gg](mailto:Carol@get.gg)

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### **Good Days Ahead**

(Payment required for DVD)

Web: <https://www.gooddaysahead.com/>

Email: [info@ampower-interactive.com](mailto:info@ampower-interactive.com)

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### **Heads Together Youth Counselling Surrey**

Heads Together Youth Counselling employs volunteer counsellors who offer free counselling to young people between the ages of 14 - 24 (up to their 25th birthday). Currently up to 12 weeks of counselling sessions are being offered. Young people attend for many reasons some of which include family breakdown, sexual, physical or mental abuse, self-harm, school bullying and young parenting issues. Provides free and confidential one-to-one counselling for young people in Surrey County Council.

Currently counsellors are working at Redhill YMCA, Sovereign Centre in Reigate, Oxted, Horley and Leatherhead and a counselling team based at East Surrey College who provide counselling to students of all ages attending college.

Web:

<http://www.surreyinformationpoint.org.uk/kb5/surrey/sip/organisation.page?id=z6-4VSzcGo4>

Email: [headstog@ymcairedhill.com](mailto:headstog@ymcairedhill.com)

Phone: 01737 378481

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### **Healthy Place Journal**

(Free online mood tracker; can send alerts to others)

<http://www.healthyplace.com/mood-journal/>

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### **Living Life to the Full**

The course has been written by a psychiatrist who has many years of experience using a Cognitive Behaviour Therapy (CBT) approach to help people use these skills in daily life. It is a life skills course that aims to provide access to high quality, practical and user-friendly training.. The course content teaches key knowledge in how to tackle and respond to issues and demands which we all meet in everyday life.

Web: [http://www.lltff.com/index.php?section=page&page\\_seq=8](http://www.lltff.com/index.php?section=page&page_seq=8)

Email: [enquiries@livinglifetothefull.com](mailto:enquiries@livinglifetothefull.com)



### **MoodGYM – Free Resource**

MoodGYM is an interactive online program drawn from Cognitive Behaviour Therapy that helps users to prevent & manage depression. MoodGYM has been extensively researched and shown to be effective in reducing depressive symptoms and unhelpful thinking in users.

Web: <https://moodgym.anu.edu.au>

Email: [moodgym@anu.edu.au](mailto:moodgym@anu.edu.au)

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### **Mood Journal**

Free online mood tracker. It can be used on web browser, iPhone or Android and you can choose to share your data with others. It helps you to track your mood and changes to help you better learn to cope with and manage your feelings.

Web: [www.moodjournalportal.com](http://www.moodjournalportal.com)

Email: [info@mhhealthcoach.com](mailto:info@mhhealthcoach.com)

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### **Mood Juice**

Self help resources to help with anger, panic, assertiveness, anxiety, stress, chronic pain, bereavement, phobias, depression, post traumatic stress, obsession & compulsions, sleep problems, shyness, addition, carers support, crises.

Web: <http://www.moodjuice.scot.nhs.uk/>

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### **Mood Panda**

Free online mood tracker in your web browser or on iPhone. Interactive Mood Diary - update your mood when ever you want; it's easy, and can help make you happier. Get graphs of your mood, view your mood history over days, weeks and months and see your personal mood calendars. Also printable for use in therapy sessions.

Web: <https://www.moodpanda.com>

Email: [chiefpanda@moodpanda.com](mailto:chiefpanda@moodpanda.com)

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### **MoodScope**

Measure your mood every day by visiting the website and logging in with your email address and password. (Free online mood tracker; you can share the result with others that you choose).

Web: <https://www.moodscope.com/>

Email: [support@moodscope.com](mailto:support@moodscope.com)

Phone: 01487 830208

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### **Mood Tracker**

Free online mood tracker; you can share data with others. Allows you to record medication, mood, anxiety, irritability, sleep, menstruation and write journal entries. It graphs these changes over time and can send alerts to others if there are drastic changes in mood.

Web: <https://www.moodtracker.com/>

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### **Open House Counselling – Guildford YMCA**

We all need help from time to time. Open House provides a professional counselling service to young people in Guildford and the surrounding area. All our counsellors have been trained on nationally-recognised courses and receive regular supervision from fully trained supervisors. Open House is registered with the British Association for Counselling and Psychotherapy.

This used to be a free service but unfortunately this is no longer possible due to loss of funding. Although our counsellors volunteer their time for which we are most grateful, costs arise for professional supervision, administration and training. Those who use the service are now asked to make a voluntary donation towards these costs. This is on a sliding scale based on the ability to pay. Paying a professional counsellor would be a far more expensive option.

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### **The Site.org**

The site.org is the first place young people should check for advice, information and support on sex & relationships, health & wellbeing, drink & drugs, home, law & money, work & study and travel & free time.

Web: [www.thesite.org](http://www.thesite.org)

Phone: 02072 505700



**The Wellness Shop**  
(Payment required)

Web: <http://www.thewellnessshop.co.uk/>  
Phone: 0845 600 2860 (Mon-Fri 9am – 5.30pm)

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**Youth Access Counselling Service**

Through our 200 members nationwide, Youth Access is the largest provider of young people's advice and counselling services in the UK. Find a local service in your area: <http://youthaccess.org.uk/find-your-local-service/>

Web: <http://youthaccess.org.uk/>

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# **Health and Wellbeing Apps (Free & Paid)**



### **IoS**

lthinksmarter.co.uk  
Thought Diary  
Mood & Anxiety Diary  
eCBT  
iCBT  
CBT Referee  
iStress  
Gratitude Journal  
Journal Diary  
Live Happy  
My Thoughts  
Smart Goals  
Life Tick (values & goals)  
Beat Panic  
DBT Self-Help  
Mood Kit  
Affirmations  
Music for Refreshment  
MoodPanda  
Mood Journal  
Mood Sentry  
EFT Clinic  
Panic Aid  
Suicide Help! (Spill IT)  
Creative Braining – for distraction as part of DBT  
Think & Be Happy  
5 ways app  
Mood Manager  
PsychFeedback  
DBT Skill Card  
Optimism  
dBT ELL  
DBT Diary  
DBT Review  
ASK  
CBT Nuggets  
Happiness  
NTK Tablet  
Virtual Clinic  
Change for Life: Fun Generator  
Change for Life: Drinks Tracker  
Change for Life: Smart Recipes  
Change for Life: Smart Restart



**IoS (continued)**

Mental Health  
 Gratitude  
 One Thing to Do  
 CBT4Kids  
 ReThink  
 Emotion Diary  
 Choose Well (Healthcare)  
 Maudsley Learning  
 Self Help (Northumberland, Tyne and Wear NHS Foundation Trust)

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**Android**

Cognitive Diary CBT Self Help  
 Irrational Thinking CBT Test  
 Stop Panic and Anxiety  
 Depression  
 The Worry Box  
 Deeds Journal  
 DBT Referee  
 Journal  
 I Journal  
 This Journal  
 Mood Journal Plus  
 Alura Cognitive Therapy  
 PTSD Coach  
 T2 Mood Tracker  
 Mood Journal Plus  
 Mood Sentry  
 Habit Factor (goals)  
 My Chain (maintaining goals)  
 Life Tick (values & goals)  
 Music for Refreshment  
 Private Diary  
 Exploring EFT  
 Self Esteem Blackboard  
 Confidence Quotes  
 Browse Self Help Apps  
 DBT-self help  
 ASK

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**Windows Phone**  
Feel Good Tracker  
Smart Goals

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**Blackberry**  
Mood Journal  
Dear Diary  
Life Tick (values & goals)

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# Private Therapy Registers



### **Counsellors and Psychotherapists**

Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over short and long term periods to help bring about effective change or enhance their wellbeing.

Web: <http://www.bacp.co.uk/>

Find a Therapist: <http://www.itsgoodtotalk.org.uk/therapists/>

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### **Occupational Therapists**

The term 'occupation' in occupational therapy encompasses everything that you do in every day life, whether that be work, rest or play. OT is a client-centred profession concerned with promoting health & well being through occupation. It helps people of all ages who have physical, mental or social difficulties.

Web: <http://www.cotss-ip.org.uk/> or [www.cot.co.uk](http://www.cot.co.uk)

Find a Therapist: <http://www.cotss-ip.org.uk/find>

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### **Physiotherapist**

In order to find a private physiotherapist in your area you can use the Physio2u directory or Physiofirst, the professional network for private practitioners.

Web: <http://www.csp.org.uk/your-health/find-physio/access-options>

Find a Therapist: <http://www.csp.org.uk/your-health/find-physio/physio2u>

Find a Therapist:

<https://findaphysio.physiofirst.org.uk/index.php/find/newSearch>

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### **Psychologists**

Psychology is the study of people, mind and behaviour. The British Psychological Society is the representative body for psychologists in the UK responsible for the development, promotion & application of psychology for the public good.

Web: [www.bps.org.uk](http://www.bps.org.uk)

Find a Therapist: <http://www.bps.org.uk/bpslegacy/dcp>

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### **Social Workers**

The BASW Independents Directory acts as a public resource to enable potential clients to procure the services of BASW independents directly. The directory is designed to allow you to search for an independent specialising in different areas of expertise located in a specific region. All independents listed within this Directory are members of the British Association of Social Workers.

Web: <http://www.baswindependents.co.uk/>

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### **Speech and Language Therapists**

The Association of Speech and Language Therapists in Independent Practice aims to provide information on independent speech and language therapy throughout the United Kingdom and support SALTs in independent practice.

Web: <http://www.helpwithtalking.com/>

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