



For better
mental health

Mental Health Directory Local and National

December 2011

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Abuse

IDAS : Independent Domestic Abuse Service.

NSPCC (N).

Women's Aid

Access to benefits

Benefits Enquiry Line.

CAB.

CPAG.

CYC Benefits Team.

Welfare Benefits Unit.

Accommodation

Arclight.

22 The Avenue.

City of York Council – Customer Services

Peaseholme Centre

Advice

Citizens Advice Bureau: York

Advocacy

Advocacy-Learning Disabilities York

Advocacy-Learning Disabilities York:

Cloverleaf Advocacy

Hambleton & Richmondshire Advocacy

Harrogate Advocacy

Hull & East Yorks Advocacy.

ICAS.

IMCA.

Leeds Advocacy.

OCAY

PALS.

People First

Scarborough Advocacy.

York Mind @ Our Celebration.

Alcohol & Drug Problems

Alcoholics Anonymous

Cocaine Anonymous

Compass Drug Resource Scheme

Compass One

Compass Services

District Alcohol Services, Selby.

Drugscope

Hambleton & Richmondshire Community Addiction Service.

Narcotics Anonymous (N)

National Alcohol Helpline (N)

New Roads

Release (N)

Re-solv (N)

9

+

York Reach

Attention Deficit Hyperactivity Disorder

AD Dept: Yorkshire Attention Deficit Hyperactivity

Disorder & Learning Ability Support Group

Anxiety

Anxiety UK (N)

No Panic (N).

Autism & Asperger's Syndrome

Autism – Asperger's Support Society, York.

National Autistic Society. (N).

Benefits

Benefits Enquiry Line.

CAB

Housing Benefit Office.

Welfare Benefits Office.

Bereavement

Compassionate Friends

CRUSE

INQUEST (N).

National Association of Bereavement Services.

Bi-Polar Disorder

MDF The Bipolar Organisation.

BME- Black & Minority Ethnic

Chinese Information and Advice Centre (N).

Joint Council for the Welfare of Immigrants (N)

Kiran _ Asian Women's Aid (N).

Bullying

Anti-Bullying Helpline

Carers

Carer's Allowance Helpline
Carer's Centre- Hambleton & Richmondshire Advice
Carer's Centre-Selby & York
Carer's Centre-York
Carers UK

Children and Young People

Barnardo's Children's Services
CAMHS: Lime Trees
Castlegate Support & Advice
Childline (N)
Childwatch
Children & Inclusion
Children's Advice, Assessment & Early Intervention Service
Children's Society
Connexions

City Council

City of York Council Numbers

Community Mental Health Centres

City of York Council - Sycamore House.
Mind@OurCelebration.

Community Mental Health Teams

East
North
West

Counselling

Compass One
Cruse
Future Prospects
Hope
Mind@Our Celebration
Relate
Rethink
Ryedale Counselling.
Salvation Army
Spurriergate Centre
Tuke Centre
Women's Counselling Service

Crisis

Crisis Call
Samaritans

Day Centres

City of York Council – Sycamore House
Mainstay

Debt

Consumer Credit Counselling Service
Consumer Direct

Dementia

Alzheimers Society – Hambleton
Alzheimers Society - Selby
Alzheimers -York

Depression

Depression Alliance (N)
Depression UK (N).

Doctors

Doctors Surgeries in York

Domestic Violence

Alternatives to Violence Project
Daisy Chain
IDAS
Men's Advice Line (N)
National Domestic Violence Helpline
Panahgher (N)
Refuge's 24 Hour National Crisis Line
Women's Refuge
Women's Aid National Domestic Violence Helpline (N)

Eating Problems

Beat (N)
Eating Disorders Association (N)
Eating Disorder Service
Eating Disorder Network
NYED

Employment

A4 Employment Advice
Future Prospects
Mind @ Our Celebration.

Epilepsy

Action Epilepsy

Gambling

Gamblers Anonymous
Gamcare

Gay Men

Mesmac

Hearing Voices

York Hearing Voices Group

Homelessness

Arclight Project York
Carecent

Keyhouse
Melbourne Project
Nightstop
Peaseholme Resettlement Centre
Ryedale Council
Selby Council
Shelter (N)

Hospital Services

Bootham Park Hospital

Information

Mind

Learning Disabilities

Brunswick Organic Nursery & Craft Workshop
Mencap
United Response
Vision of Life
York People First

Men

AMSOSA (N)
man2man (N)
Men's Advice Line (N)

Mental Health Centres

22 The Avenue
Our Celebration
Sycamore House

Obsessive Compulsive Disorder

OCD Action (N)

Older People

Age UK York
Age UK York: Community & Befriending
& Support Service
Age UK: Additional York Offices
Age UK York: Hospital Services
Alzheimer's Society: York
Alzheimer's Society: Hambleton (including Easingwold)
Alzheimer's Society: Selby
OCAY
Pension Advisory Service

Patient Advice and Liaison Service

Acute Patient and Liaison Service

Personality Disorder

Emergence (N)
First Steps to Freedom (N)

Phobias

Triumph over Phobia (N)

Post-natal Depression

Association for Post-Natal Illness (N)

Post Traumatic Stress Disorder

Anxiety UK (N)

ASSIST (N)

Pregnancy

Reflect

Psychotherapy

BACP

UKCP

Psychosis

Hearing Voices Group.

Rethink

Recovery

Community Recovery Teams – York & Selby.

York Mind@ Our Celebration.

Respite

22 The Avenue

Avalon

Rights

Mind (N)

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder Association

Self-Harm

National Self Harm Network (N)

Self-Help

Mind @ Our Celebration: Self Help Group.

Sexual Abuse

Adult Male Survivors of Sexual Abuse (AMSOSA) – (N)

Hope

man2man (N)

NSPCC (N)

Survive

Women's Counselling Service

Sexual Health

Yorclinic

Sexuality

Mesmac

York LGBT & Q Youth Group

Social Groups

Club 84

York Mind @ Our Celebration

Solicitors

Community Legal Services

Solicitors in local area

Stress

Anxiety UK

No Panic

Substance Misuse

Compass One

Drugscope (N).

First Base

Frank (N)

Hambleton & Richmondshire Community Addiction Service

New Roads (formerly YAAS)

York Reach

Suicide

Parent's Association for the Prevention of Young Suicide – (N)

Samaritans

Survivors of Bereavement by Suicide (N)

Support & Help Lines

Crisis Call

Samaritans

Saneline

Treatment Centre

70 Shipton Road

Clifton House

User & Carer

York Carer's Centre

Volunteering

Selby CVS

Supporting Others through Volunteer Action (SOVA) – (N)

York CVS

Women

Rape Crisis

Reflect

Women's Aid

Women's Counselling Service

Young People

Castlegate

CAMHS

Children's Society

Connexions

Young Minds



For better mental health

Local services

22 The Avenue

Mental Health Centres (hospitals & medical establishments) based in The Avenue area of York.

22 The Avenue

York

YO30 6AS

Tel: 01904 553150

70 Shipton Road

York

YO30 5RQ

Tel: 01904 611903

A4e Employment Advice

Information on getting back to work and other employment advice.

5th Floor

Ryedale House,

Piccadilly

York

Y01 9PT

Tel: 0800 345 666

Action Epilepsy

Provides information on epilepsy and encourages a wide and sympathetic understanding of the condition. Local group meets first Tuesday of most months, 7.30pm Friends Meeting House.

Tel: 01904760895

Email: epilepsy@epilepsy.org.uk

Website: www.epilepsy.org.uk

Contact: Nadia Tempest

Acute Patient Advice and Liaison Service (PALS)- York District Hospitals Complaints

Lets patients know about services, listen to experiences and help resolve any problems people may be having with the NHS' services. PALS offers support, information and help to patients, their families and visitors.

York Hospital NHS foundation Trust

York Hospital

Wigginton Road

YO31 8HE

Tel: 01904 726262/ 726263

Website: www.pals.nhs.uk

Mon-Fri: 9am- 5pm

AD Dept.-Yorkshire Attention Deficit Hyperactivity Disorder and Learning Ability Support Group

Supporting Families and individuals with learning, attention, emotional and behavioural difficulties.

30 The Paddock

York

YO26 6AW

Tel: 01904782556

mobile: 07949627242

Website: www.adhd-yorkshire.com

Email: robertbreen@ntlworld.com

Open any-time

Contact: Bob Breen

Advocacy – Learning Disabilities York

York advocacy provides independent advocates to assist people with learning difficulties to speak up for their rights and entitlements and to help solve their problems.

The Salvation Army

Gillygate

York

YO31 7EA

Tel: 01904 545097

or

Tel: 01904 671727

or

Tel:07766470803

Email: pauljarvis@salvationarmy.org.uk

Open: Mon- Fri 9am – 5pm

Advocacy : Learning Disabilities York

Assist people with learning difficulties to speak up for their rights and Entitlements. Assist with training with community tutors in North Yorkshire.

York People First
Office 38
York Eco Business Centre
Amy Johnson Way
Clifton Moor
York
Tel: 01904 479315
Contact: Becca Cooper.

Age UK York

The UK's largest charity working with and for older people.

Norman Collinson House
70 Walmgate
York
YO1 9TL
Email: ageukyor@ageukyork.org.uk
Website: www.ageukyork.org.uk
Tel: 01904627995 and 01904 621020
Open: 9am – 4pm weekdays

Age UK York Shop
17 Bishopthorpe Road
York
YO23 1NA
Tel: 01904 627995 (local office)
or
Tel: 01904 627995 and 621020
Fax: 01904 658463
Email: ageukyork@ageukyork.org.uk
Website: www.ageukyork.org.uk

Age UK York – Community and Befriending and Support Service

Befriending service providing volunteers to support older people who live alone in the community who have few visitors.

Norman Collinson House
70 Walmgate
York
YO1 9TL
Tel: 01904621020 and 01904 627995
Email: lis.ramage@ageukyork.org.uk

Open: Mon – Fr: 9am – 4pm Befriending

Age UK York – Hospital Services

For older people who live in the York area leaving hospital or intermediate care. This service is to prevent admission and re-admission to hospital by providing overnight support for up to 3 nights and ongoing emotional and practical support for up to 6 weeks.

70 Walmgate

York

YO1 9TL

Tel: 01904726191

Email: nicola.openshaw@york.nhs.uk

Contact: Nicky Openshaw

Alcohol Advice Service, see ‘New Roads’

Alcoholics Anonymous

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

PO Box 1

10 Toft Green

York

YO1 7ND

Tel: 01904644026 (local office)

National Helpline: 08457697555

(local office) Fax: 01904 629091

Email: gso@alcoholics-anonymous.org.uk

Website: www.alcoholics-anonymous.org.uk

Mon-Thu: 9am-5pm, Fri: 9am-4.30pm

Alternatives to Violence Project

Workshops to help people to develop skills to assist with self confidence and how to get on with family, neighbours and friends.

New Earswick

P.O. Box 743

York

YO32 4WW

or

The Administrator

Friends Meeting House

Friargate
York
YO1 9RL
Tel: 01904636318 (answerphone service only)
Email: northeast-eastmidlands@avpbritain.org.uk
Email: jarmans@gn.apc.org
Website: www.avpbritain.org.uk
Contact: Roswitha Jarman
6 Mallory Close
New Earswick
York
YO32 4DL
Tel: 01904 768155

Alzheimers Society-York Office

Cares for those whose lives are affected by dementia. Offers advice, support, information, carer's courses, carer's groups, befriending service.

Gill Myers
Ground Floor Suite
Holgate Villa
22 Holgate Road
York
YO24 4AB
Contact: Gill Myers
Tel: 01904 658106
or
Tel:01904 799773
Email: yorkbranch@alzheimers.org.uk
Email: david.bell@alzheimers.org.uk
Website: www.alzheimers.org.uk/york
Open: Mon- Fri hours variable

Alzheimers Society-Hambleton (including Easingwold)

Advice and help for people with Alzheimer's and for carers.

23 Chapel Street
Thirsk
YO7 1LU
Tel: 01748 825817 (office number, local helpline,info line & answerphone)
Fax: 01845 526954
Email: hambletonalzheimers@tiscali.co.uk
Website: www.alzheimers.org.uk
Contact: Susan Broster (Branch co-ordinator)
Mon-Fri: 9am-3pm

Alzheimer's Society-Selby Office

Advice and help for people with Alzheimer's and for carers.

Community House

Portholme Road

Selby

YO8 4QQ

Tel: 01757 241060 (office number, local helpline, info line & answerphone)

Email: selbyandyork.alzoc@btinternet.com

Website: www.alzheimers.org.uk/Selby

Contact: Helen Whitehead (administrator)

Mon, Tues & Fri: 9.30am-3pm

Anti-Bullying Helpline

Helpline for those struggling with bullying.

Tel: 01609 538960

Arc Light

24 hour year-round accommodation and support service. Core client group ex-rough sleepers and those at risk of rough sleeping - local connection to York required.

39 beds.

Re-settlement work, training and activities.

Partner professionals provide medical, substance misuse and mental health support on-site.

Referral through CYC Single Access Point. sap@york.gov.uk

York Arc Light

Union Terrace

York

YO31 7ES

Tel: 01904 630 500

Email: bev.gray@york-arclight.co.uk

Website: www.york-arclight.org.uk

Contact: Bev Gray

Open: 24 hours a day

Autism-Aspergers Support Society, York

Tel: 01904 763864.

Avalon

Provides support and care to vulnerable adults including long and short term adult links and community support services. Avalon also offers fully supported holidays through the Breakaway scheme.

Tel: 01904693104

or

Tel: 01904 464900 (St Bede's Centre)

Email: helenhall@avalonservices.org.uk

Website: www.avalonservices.org.uk

Open: Mon-Fri 9am – 5pm

BACP (The British association for Counselling and Psychotherapy)

private counsellors

Tel: 01455 83300

Information line: 0808 8080000 (Mon-Fri: 9am-8pm)

Website: www.bacp.co.uk

Benefits Enquiry Line

For help with benefits

Tel: 0800 882200.

Besom Project

The Besom Project exists to form a bridge between church and its community. It takes that which someone wants to give, whether its time, money, or a gift pack. It ensures effective, involved and prayerful giving and service it provides is free.

St Columba's Foundation,

32 Priory Street,

YORK.

Tel: 01904 658220

Email: info@thebesominyork.co.uk

Website: www.thebesominyork.co.uk

Bootham Park Hospital

Bootham

York

YO30 7BY

Tel: 01904 610700

or

Main Reception: 01904 725274
Mental Health Act Office: 01904 725647
Patients Records: 01904 672563
Ward 1: 01904 725572
Ward 1 Payphone: 01904 670026
Ward 2: 01904 725717
Ward 2 Payphone: 01904 631085
Ward 3: 01904 725693
Ward 3 Payphone: 01904 652461
Assertive Outreach Team: 01904 553170
Website: www.nyypct.nhs.uk

Brunswick Organic Nursery and Craft Workshop

A charity offering work experience and training to people with learning difficulties. Selling seasonal organic vegetables, fruit, herbs, cottage garden perennials and handicrafts.

Appleton Road
Bishophorpe
York

YO23 2RF

Tel: 01904 701869

Fax: 01904 778338

Email: Admin@brunswickyork.org.uk

Website: www.brunswickyork.org.uk

Open: 10am – 4pm Mon-Fri Winter, 10am – 4pm every day in summer

CAMHS (Child and Adolescent Mental Health Service) Lime Trees

Lime Trees is the name of the Child & Adolescent Mental Health Service that works in the York and Selby area. We see children and young people up to the age of 18 who have emotional or behavioural problems or other mental health difficulties. After all there is no health without mental health. We know that about 1 in 10 youngsters have these kinds of problems at some time in their lives.

Lime Trees Child, Adolescent and Family Unit

31 Shipton Road

York

YO30 5RE

Tel: 01904726610

Website: www.yor-ok.org.uk/camhs

Carecent

Services for homeless and lonely. Free cooked breakfast from 8.30-11am . No food served after 10.45am. Clean clothing available. Befriending and listening with signposting to agencies if required.

Carecent

Room 5

Central Methodist Church

St Saviourgate

York

YO1 8NQ

Tel: 01904 624244

or

Tel: 01904 426483 (minister)

Contact: Alan Wright

Email: info@carecent.org

Website: www.carecent.org

Meetings/opening times: Mondays – Saturdays 8:30am – 11am except for Christmas

Carer's Allowance Helpline

Tel:01772 899508.

Carer's Centre – Hambleton & Richmondshire Advice

Information and support for carers. One to one and group support for young carers and adults carers. For residents of Easingwold and surrounding villages.

32 High Street

Northallerton

North Yorkshire

DL7 8EE

Tel: 01609 780872

Fax: 01609 788489

Email: jwt@hrcarers.f2s.com

Website: www.carers.org/local/north-east/northallerton

Contact: Ms Lynn Webb-Thorius

Carer's Centre- York

Information and support for carers. One to one and group support for young carers and adults carers. For residents of Easingwold and surrounding villages.

17 Priory Street

York

YO1 6ET

Tel: 01904 715490

Fax: 01904 624413

Website:www.yorkcarerscentre.co.uk

Carers UK

Information and support for carers.

Tel: 0808 8087777

Website: www.carersuk.org

Wed-Thurs: 10am-12pm and 2pm-4pm

Castlegate for Young Adults

16 – 25yrs advice support and counselling services.

29 Castlegate

YORK

YO1 9RN

Tel: 01904555400

Email: mail@29castlegate.org

Website: www.29castlegate.org

Open for drop in 11-1, 1.30-4.30 Monday to Friday, with appointments at other times.

Childwatch

Acts as a bridge between the general public and statutory agencies, provides face to face and telephone counselling for young people and adults who have been abused.

7 Jarrat Street

Hull

HU1 3HB

Tel: 01482 325552

Email: info@childwatch.org.uk

Website: www.childwatch.org.uk

Children and Inclusion (Candi)

Parent carer group

Tel: 07751828369

Website: www.Yorcandi.org.uk

Children's Advice, Assessment & Early Intervention Service (City of York Council)

Also known as 'Children's Front Door'.

A single point of contact for anyone wishing to make an enquiry or who has a concern about a child or young person, regardless of the nature of the concern or the age of the child.

Tel: 01904 551900 (out of hours 0845 034 9417)

E mail : childrensfrontdoor@york.gov.uk

Address : 10-12 George Hudson Street, YO1 6ZE.

Children's Society

18 George Street, YORK YO1 9QB.

Tel: 01904 639056.

Runs various programmes for disabled children.

City of York CouncilCustomer Services

Tel:01904 551550

Open:Mon-Fri: 8.30-7pm

Carers Strategy Manager

Tel: 01904 554188

Contact: Frances Perry

Carers Assessment of Need/ Community Care Assessments

Tel: 01904 554141

Sycamore House

30 Clarence Street

York YO31

Tel: 01904 553850

Adult Social Services

Tel: 01904 555111

Open:Mon-Thu: 8.30-5pm, Fri: 8.30-4pm

Complaints Manager

Tel:01904 554080

Contact: Kath Murray

Social Services Emergency Duty Team

Tel: 0845 0349417

Mon-Thu: 5pm-8.30am, Fri: 4.30pm til Mon 8.30am, on duty all day on bank holidays. E mail : edt@northyorks.gov.uk

Housing Options Team

(Homelessness Prevention)

Tel: 01904 554500

Housing Registrations Team

PO Box 407

Finance and Housing Centre

Library Square

YO1 7YN

Tel: 01904 554044

Warden Call 24 hr response line

Tel:01904 645000 (24/07/10)

Mental Health Support Line

Tel:01904 673400 (open 24/7)

City of York Safeguarding Children Board

To make a referral telephone 01904 551900, or to 0845 0349417 (out of office hours).

Follow up referral within 2 working days in writing. Forms available on website:

www.saferchildrenyork.org.uk

See also, Children's Advice, Assessment & Early Intervention Service

Citizens Advice Bureau

3 Blossom Street

York

YO24 1AU

Tel: 08448 269705

or

Tel: 08444 111444

Fax: 01904 620571

Email: advice@yorkcab.org.uk

Website: www.yorkcab.org.uk

or

Website: www.adviceguide.org.uk

Telephone 24/7 recorded information and staffed volunteers: Mon-Tue: 9am-12pm, Wed: 4pm-6pm, Thurs: 9.30am-12pm, Fri closed

Clifton House

NHS Treatment Centre

Bluebeck Drive

Shipton Road

North Yorkshire

YO30 5RA

Reception: 01904 724255

Riverfields: 01904 724257

Westerdale: 01904 724261

Cloverleaf Advocacy

Provide person centred advocacy services for people with mental health needs, people with learning disabilities, people with physical or sensory impairments, acquired brain injury, older people and carers. This include self-advocacy and service user involvement initiatives. They provide advocacy in a range of settings; in the community, in hospitals, psychiatric units (including medium and low secure units), residential and nursing homes. All services are free and confidential. Cloverleaf Advocacy services are independent from health and social care providers, the NHS, Social Services, Residential Homes and Hospitals.

Tower Court
Oakdale Road
Clifton Moor
York
YO30 4XL
Main Office:
Cloverleaf Advocacy 2000 LTD
First Floor
Wellington Road
Dewsbury
West Yorkshire
WF13 1HF
Tel: 01924 454875
Head Office Tel: 01924 438438
York Number: 01904 557644
Email: info@cloverleaf-advocacy.co.uk
Website: www.cloverleaf-advocacy.co.uk

Club 84

Social evenings for those who have experienced psychiatric problems or sympathise with such problems. Meetings on the second Friday of the month at 8pm.

Guppy's Enterprise Club
Nunnery Lane
York
YO23 1AB
Tel: 01904490753
Contact: Jenny Maclaren
Fees: 50p per session

Cocaine Anonymous

12 step programme for people cross-addicted to cocaine, crack, alcohol.

email: pondbridge@aol.com

Website: www.cauk.org.uk

Tel: 01347879046

Contact: Pete C.

Meetings are held 9:30am – 10:30am in Friend's Meeting Place

Community Legal Services (CLS)

Website offering help to find suitable legal advice, helpline for general advice and search engine for finding local specialised solicitors.

Tel: 0845 3454645

Website: www.legalservices.gov.uk

Community Mental Health Teams (CMHT's)

CMHT East: 01904 726970

CMHT North: 01904 725621

CMHT West: 01904 724472

Intensive Home Treatment Team (formerly Crisis Team): 01904 726151

Community Rehabilitation Team at The Driveway

Bootham Park YO30 7BY

Tel : 01904 726532

Compass Drug Resource Scheme

Wide range of services for drug users and their families.

15 Bridge Street

York

Tel:01904 647474

Compass One

Wide range of services for drug users and their families.

6/7 Bridge Street

York

YO1 6DD

Tel: 01904 670046

Fax: 01904 527658

Email: jon.smith@compass-uk.org

Email: compass1@compass-uk.org

Website: www.compass-uk.org

Compass Services

Wide range of services for drug users and their families.

Drug Use

UK Head Office

Langton House

5 Priory Street

York

YO1 6ET

Tel: 01904 636374

or

Tel: 01904 637121

or

Tel: 01904 670046

Compassionate Friends

Support and befriending for bereaved parents.

Tel: 01751472201

or

Tel: 0845 1203785

National Helpline: 01179 539639

Fax: 0845 1203786

Email: info@tcf.org.uk

Website: www.tcf.org.uk

Contact: David and Janet Warin

Consumer Credit Counseling Service (CCCS)

Debt Counseling

Tel: 0800 1381111

Mon-Fri: 8am-8pm

Consumer Direct

(Consumer Advice)

Tel: 08454040506

Mon-Fri: 8am-6.30pm, Sat: 9am-1pm

Contact a Family

Tel: 0808 8083555

Website: www.cafamily.org.uk

Mon-Fri: 10am-4pm, Mon: 5.30pm-7.30pm

CPAG Helpline

Leeds

Tel: 0845 6128007

CRI The Reach Project

Our clients attend on a voluntary basis. They are free to walk in off the street if they want help or they can be referred from other agencies around York. The services that we can offer clients include group work, key work (one to one situation) and alternative therapies. We offer the following groups: Drug Awareness, Initiating Change, Maintaining Change, Crack Cocaine Use, Managing Emotions, Promoting Healthy Lifestyles and Exit Planning - After Care. The alternative therapies we can offer are: acupuncture, acupressure and electro

stimulation therapy. These treatments can help the clients to develop their confidence and commitment to remain drug free when they get back into their local communities.

6 Peckitt Street
York
Y01 9NF
Tel: 01904675040

Crisis Call

Out of hours helpline for people in crisis due to mental health problems for Selby district area and Easingwold.

Tel: 0800 501524

Open: Monday-Friday: 4:30pm-9am next day. Saturday, Sunday and Bank holiday:24 hour service

Crisis Loans

Basic information about getting a Crisis Loan; an interest-free loan from the Social Fund to help with an emergency.

Tel: 0800 0327950

Crossroads Caring for carers

Gives practical respite care support to the carers of children and adults with care needs, and to young carers, Trained carer support workers provide regular weekly support at home, allowing the family carer to take a break.

7 Regent Buildings

York Road

Acomb

York

YO26 4LT

Tel: 01904 790200

Email: admin@york-crossroads.freeserve.co.uk

Website: www.crossroads.org.uk

Contact: Liz Winship

Open: Mon-Fri: 9am – 4pm

Cruse Bereavement Counselling

Confidential help to all bereaved. Free counselling, advice and information.

Bereaved by suicide support group. Support group for those who are coming to

the end of counselling. Counselling offered for children and people with learning difficulties. Service for anyone in York and the surrounding areas. Not suitable for those with severe and enduring mental illness.

Tel: 01904 481162 (local)

Email: helpline@crusebereavementcare.org.uk

Website: www.crusebereavementcare.org.uk

National Helplines: 08701 671677, 08088 081677 (young persons helpline)

Day by day Helpline: 08444 779400

C V S

York Council for Voluntary Service

Priory Street Centre

15 Priory Street

York

YO1 6ET

Tel : 01904 621133.

CYC Benefits Team

Tel: 01904 552233/552252.

CYC Council Tax

Tel: 01904 551558

Daisychain

Information and support for victims of domestic abuse.

Temporary accommodation:

C/o ward associates

4 Park Street

Selby

YO8 4PW

or

Community House

Porholme Road

Selby

YO8 4QQ

Tel: 01757 290040

Fax: 01757 290311

Email: joydykes@selbyavs.org.uk

Contact: Joy Dykes

Mon-Thurs: 8.30am-4.30pm, Fri: 8.30am-4pm

Department of Education Enquiry Line

(formerly Contact Point)

Tel: 0870 0002288

Disability & Carers

Tel: 01253 331934

Disability Law Service

Tel: 020 7791 9800

District Alcohol Services, Selby

Information and advice for adults with a drink problem and family and friends.

Abbey Yard Centre

Abbey Yard

Selby

YO8 4PN

Tel: 01757 293600

Fax: 01757 290311

Email: alcoholservice@selbyavs.org.uk

Contact: Lynne Craige

Open: Monday-Thursday 8:30am - 4:30pm, Friday 8:30am – 4.00pm

DLA / Attendance Allowance

Tel: 08457 123456

Doctor's / Medical Secretaries

Hospital Switchboard: 01904 610777

Doctors (Emergency) 01904 621621/ 651906 (out of hrs duty doctor service)

Sue Ledwith: 01904 724250/ 4263

Dr's Elsworth & Reily: 01904 725631

Sue Ledwith's secretary: 01904 724254

Dr Adams (D Luxton): 01904 725621

Dr Isherwood (Kath/ Wendy): 1904 1/9

Dr's Holland & Shaw: 01904 725641

Doctors Surgeries in York

Abbey Medical Group

28 Millfield Avenue

York

YO10 3AB

Tel: 01904 411139

Ampleforth Surgery

Back Lane

Ampleforth

York

YO62 4EF

Tel: 01439 788215

Beech Tree Surgery

Main Street

Riccall

York

YO19 6QD

Tel: 01757 248633

or

Beech Tree Surgery

68 Doncaster Road

Selby

YO8 9AJ

Tel: 01757 703933

Bupa Centre

York Medical Centre

West Offices

off Station Rise

York

YO1 6HT

Tel: 0845 6060325

Campus Medical Practice

St John University College

Lord Major's

York

YO31 7EX

Tel: 01904 724775

Clifton Health Centre

Health Service Centre

Water Lane
York
YO30 6PS
Tel: 01904 724690

Church Lane Surgery
Church Lane
Boroughbridge
York
YO51 9BD
Tel: 01423 322309

Dr E Bradley
Terrington Surgery
North Back Lane
Terrington
York
YO60 6NS
Tel: 01653 648260

Dr P. J Burgess
3a Whitby Drive
York
YO31 1EX
Tel: 01904 416541

Dr's Calder, Ashley & Geddes
Clifton Health Centre
Water Lane
York
YO30 6PS
Tel: 01904 623259

Dr's Dent, Bill & Gillegham
2 Fulford Park
Fulford
York
YO10 4QE
Tel: 01904 625566

Dr's Fontebasso, Orr, Reed & Rawcliffe
5 Copmanthorpe Shopping Centre
Copmanthorpe
York

YO23 3GG
Tel: 01904 703314

Dr's Kemp, Ruston, Coe & Field
32 Clifton
York
YO30 6AE
Tel: 01904 653834

Dr's Iredale & Hrycaiczuk
46 Church Lane
Bishopthorpe
York
YO23 2QG
Tel: 01904 706917

Dr's Jones P.R & B McPherson
The Surgery
North Back Lane
Stillington
York
YO61 1LL
Tel: 01347 810332

Dr Mate
Crossley Street Surgery
Crossley Street
Wetherby
LS22 6RT
Tel: 01937 543200

Dr Porter & Partners
Elmwood Lane
Barwick In Elmet
Leeds
LS15 4JX
Tel: 0844 4773294

Dr Schofield & Partners
Beech Grove Medical Practice
Acomb Health Centre
Beech Grove
Acomb
York

YO26 5LD
Tel: 01904 791094

Dr's Ticehurst, Mechie & Black
High Street
Hovingham
York
YO62 4LA
Tel: 01653 628202

Dr's Westerman, Parker, Boyd & Squire
Millfield Surgery
Millfield Lane
Easingwold
York
YO61 3JR
Tel: 01347 821557

Dr's N. J Wilson & J. M Matthews
The Medical Centre
Carlton Road
Helmsley
York
YO62 5HD
Tel: 01439 770288

East Parade Medical Practice
89 East Parade
York
YO31 7YD
Tel: 01904 4233666

Escrick Surgery
4 Main Street
Escrick
York
YO19 6LE
Tel: 01904 728243

Gale Farm Surgery
109-119 Front Street
Acomb
York
YO24 3BU

Tel: 01904 798329

Gibson Lane Surgery

37 Main Street
Monk Fryston
Leeds
LS25 5DU
Tel: 01977 683452

Gillygate Surgery

28 Gilygate
York
YO31 7 WQ
Tel: 01904 624404

Haxby Group Practice

New Earswick Surgery
White Rose Avenue
New Earswick
York
YO32 4AG
Tel:01904 724600

or

Haxby Group Practice
Haxby & Wigginton Surgery
The Village
Wigginton
York
YO32 2LL

or

Haxby Group Practice
Huntington Surgery
1 North Lane
Huntington
York
YO32 9RU
Tel: 01904 724600

Hovingham Surgery

High Street
Hovingham
York
YO62 4LA
Tel: 01653 628203

Hull Road Surgery
289 Hull Road
York
YO10 3LB
Tel: 01904 410294

J Knight & Partners
Wetherby Surgery
67 St James
Wetherby
LS22 6RS
Tel: 01937 585669

Jorvik Medical Practice
Woolpack House
The Stonebow
York
YO1 7NP

Lavender Grove Surgery
Boroughbridge Road
York
YO26 5RX
Tel: 01904 798262

Manston Surgery
76 Austhorpe Road
Leeds
LS15 8DZ
Tel: 0113 2645455

Market Weighton Surgery
4 Londesborough Road
Market Weighton
York
YO43 3AY
Tel: 01977 682208

Minister Health Surgery
35 Monkgate
York
YO31 7WE
Tel: 01904 626234

Pocklington Group Practice

The Surgery
7 Barmby Road
Pocklington
York
YO24 2DL
Tel: 01759 302500

Posterngate Surgery

Portholme Road
Selby
YO8 4QH
Tel: 01757 702561

Priory Medical Group

Priory Medical Centre
Cornlands Road
York
YO24 3WX
Tel: 01904 781423

or

Priory Medical Group
45 Heworth Green
York
YO31 7SX
Tel: 01904 425241

Scott Road Medical Centre

Scott Road
Selby
YO8 4BL
Tel: 01904 724400

Sherburn Group Practice

Medical Centre
Beech Grove
Sherburn in Elmet
Leeds
LS25 6ED
Tel: 01977 682208

South Bank Medical Practice

175 Bishopthorpe Road

York
YO23 1PD
Tel: 01904 724343

Springbank Surgery
York Road
Green Hammerton
York
YO26 8BN
Tel: 01423 330030

Stockwell Road Surgery
21 Stockwell Road
Knaresborough
HG5 0JY
Tel: 01423 867433

Strensall Medical Practice
Huntington Surgery
Garth Road
Huntington
York
YO32 9QJ
Tel: 01904 768841

or
Strensall Medical Practice
Dunnington surgery
Petercroft Lane
Dunnington
York
YO19 5NQ
Tel: 01904 489432

or
Strensall Medical Practice
Stamford Bridge
Viking Road
Stamford Bridge
York
YO41 1BR
Tel: 01759 371467

Tadcaster Medical Centre
Crab Garth
Tadcaster

York
LS24 8HD
Tel: 01937 530082

The Old Forge Surgery
The Green
Upper Poppleton
York
YO26 6EQ
Tel: 01904 794322

The Old School Medical Practice
Horseman Lane
Copmanthorpe
York
YO23 3UA
Tel: 01904 706455

The Petergate Surgery
Tower Court Health Centre
Oakdale Road
York
YO30 4RZ
Tel: 01904 47911

The Spa Surgery
205 High Street
Boston Spa
Wetherby
LS23 6PY
Tel: 01937 842842

The York Medical Group
35 Monkgate
York
YO31 7PB
Tel: 01904 3429

Tollerton Surgery
5-7 Hambleton View
Tollerton
York
YO61 1QW
Tel: 01347 838231

University Health Centre
Heslington
York
YO10 5DD
Tel: 01904 433290

Wenlock Terrace Surgery
18 Wenlock Terrace
York
YO30 6PS
Tel: 01904 646861

Woodthorpe Medical Practice
40 Moorcroft Road
York
YO24 2RQ
Tel: 01904 706881

York Medical Group
199 Acomb Road
York
YO24 4HD

Drugs Dependency Clinic
Tel: 01904 637121

Early Intervention Team

(formerly RAP Team)

Support young people and families in managing and moving forward from their experiences and to begin recognising their strengths, qualities and hopes for the future. Provide and facilitate access to many different ways of working using psycho-social interventions, with a view to finding the most helpful way forward for each individual.

Tel: 01904 725690

Mon-Fri: 9am-5pm

Eating Disorder Service

The Retreat

York

Tel: 01904 412551 extension 2304

Eating Disorder Network

North Yorkshire
Tel: 01904 694821.

ESG Skills for Living

Provide skills for working and living.
Clifford Street,
York.
Tel: 01904 633115.
Website: www.esggroup.co.uk

Family Information Service

Tel: 01904 554628

First Base

A confidential service for young people (under 19) who are worried about drug use, whether their own or someone else's.
Tel : 01904 620879

Foundation Housing

The York team provides a range of supported accommodation to people in the area who are in housing need. Support varies according to the needs of the individual.

Bowes Morrell House
111 Walmgate
York
YO1 9WA

or

Southlands Road Hostel 1
Southlands Road
Southbank
York
YO1 1NP

Tel: 01904 526240/675837

Email: york@foundationhousing.org.uk

Future Prospects 1-2-1 Counselling

Also drop in for advice/support, One to one guidance and support on all issues around employment, training and education.
Specific projects:

M-Power: for 16-25 year old's experiencing problems accessing further education and employment.

DAWN: Disability and Working Network, offers specialist advice on training, employment and benefits.

Benefits & Income Advice

Cornerstone: working with homeless people.

Skills for Life Advice: courses to improve reading, writing and arithmetic.

Redundancy counselling

Babygay: a programme of informal activities and individual support with housing, benefits and careers advice for all 16-20 year old mums and mums to be. Free crèche.

Aim Higher: advice about higher education

Other Courses: Employment skills, writing CV's, Personal development courses, IT courses

Future Prospects

24 Swinegate

York

YO1 8AZ

Tel: 01904 634748

Email: admin@futureprospects.org.uk

Website: www.futureprospects.org.uk

Hambleton & Richmondshire Advocacy

Registered charity offering free, confidential, independent support to all vulnerable people in Hambleton and Richmondshire. Helping people to say what they want, secure their rights and obtain services they need.

277 High Street

Northallerton

DL7 8DW

Tel: 01609 778652

Email: hradvocacy@freenet.co.uk

Contact: Mrs Penny Pilling

Open: Monday, Wednesday and Friday: 9:30am – 2:30pm. By appointment at other times.

Hambleton & Richmondshire Community Addiction Service

Help with addiction.

85 South Parade

Northallerton

DL7 8SJ

Tel: 01609 780486 (24 hr answer machine)

Fax: 01609 779012

Email: admin@harcas.eclipse.co.uk

Website: www.harcas.ik.com

Contact: Ruth Garrett (Manager)

Open: Mon, Tues, Thu, Fri: 9am-5pm, Wed: 12pm-8pm

Drop in: Mon, Thu, Fri: 10am-12pm & 1pm- 4pm, Wed: 6pm-7.30pm

Harrogate Advocacy

9a Albert Street

Harrogate

HG1 1JX

Tel: 01423 547500

Haxby and Wigginton Community Helpline

Free listening support service run by trained volunteers.

Tel: 01904769176

Headway York

A local group of Headway-the brain injury association. Volunteers provide support and understanding for those who have sustained head injuries, their families, friends, carers and interested professionals. Monthly meetings and regular social events. Everyone is welcome.

The Secretary

15 Priory Street

York

YO1 63T

Tel: 07592020992 (local)

Free helpline: 08088002244

Email: headwayyork@googlemail.com

Website: www.headway.org.uk

Hearing Voices Group

Meets every Tuesday at the Friend's Meeting House, Friargate, York. 1.30pm.

Booking in advance is not required.

Housing Benefit Office

Library Square

York

YO1 7DU

Tel: 01904551556

Hope (Healing our Past Experiences)

Counselling, support groups, psychotherapy for survivors of sexual abuse- male, female and young adults (14+) in Scarborough, Whitby and Ryedale. Training for voluntary and statutory organisations.

Based in Scarborough.

Tel: 01723 381811

office.hope@gmail.com

Howe Hill Hostel

Providing a range of accommodation types for both families and individuals in priority need. Occupants must be referred by the council and are usually referred by a caseworker from the Housing Options Team.

Tel: 01904 553141

136 Acomb Road, Y)24 4HA

Hull and East Yorks Advocacy

Tel:01482 212037

Hyper Active Children's Support Group

To help and support hyperactive children and their parents, mainly via dietary therapy. Children having behaviour or learning problems, or suffering ADD/ADHD and autism can be helped.

Tel: 01423864358

Open: 9am-8pm

ICAS

Independent Complaints Advocacy Service, NHS- Yorks & Humberside
Raylor Centre,
James Street,
YORK.

Tel: 0300 4568349

Website: www.carersfederation.co.uk

IDAS- Independent Domestic Abuse Service

(formerly) York's Women Aid

Priory Street Centre

15 Priory Street

York

YO1 6ET

Tel: 01904 646630 (Refuge)
Tel: 01904 646036 (Outreach)
Fax: 01904 622994
Email: info@womensaid.org
Website: www.yorkwomensaid.org
Open: Mon-Fri: 9am-5pm & 24 hr on call service

IDAS – Rape Support Line

0300 111 0777
www.idas.org.uk/rapesupport

Independent Mental Capacity Advocate- IMCA

York (Cloverleaf Advocacy)
The Retreat
107 Heslington Road
YO10 5BN
Tel: 01904 420925
Cloverleaf IMHA: Patrick Love
Tel: 01904 557644
or
Tel: 07500053195
Email: Patrick.Love@cloverleaf-advocay.co.uk

Independent Review Service

Aimed at those who have an interest in the Social Fund and its review process. It has a wide range of information that will help frontline decision makers, representatives, advisers and customers.
Tel: 0800 0961926

Jessie's Fund

Jessie's fund works nationwide helping seriously ill and disabled children to communicate through the use of creative and therapeutic music.
Tel: 01904 658189
Email: lesley@jessiesfund.org.uk
Website: www.jessiesfund.org.uk
Open: Mon-Fri: variable hours, please telephone

Job Centre Plus

Tel: 01904 682307

Joseph Rowntree Housing Trust

Tel: 01904 73500
Email: information@jrht.org.uk
Website: www.jrht.org.uk

Keyhouse

(formerly HARP)

Tel: 01845 574010

or

Tel: 01904 632374

or

Tel: 01845 521453

Contact: York Office and Benefits specialist Paul Eccles and Chris Fuller

Language Line

Provides interpretation services in 170+ languages.

Tel: 0800 1692879 (35952)

Leeds Advocacy

Tel: 0113 2470449

Leeds Advocacy Network

Tel: 0113 2449045

Contact: Martin Coyle

Limetrees

Child and Adolescent Unit

Tel: 01904 726610

Mainstay

A small but growing registered charity representing mental health service users who are working to improve services in the area.

21 Priory Street

York

YO1 6ET

Tel: 01904 623801

Email: ljamesmainstay@yahoo.co.uk

Contact: Lynn James

Open: Mon-Wed: 9am-4pm

Marriage Care

Counselling service for all experiencing difficulties with their personal life.

Marriage preparation courses and other educational counselling also available.

Counselling sessions held at:

St Bede's Pastoral Centre

Blossom Street

York
Tel: 01904 789115
National crisis line: 02073 711341
National helpline: 0845 6606000
Website: www.marriagecare.org.uk
Contact: Janet Kay

Matthew Cole

Counselling
Reduced rates for Mind clients
York Stress and Trauma Centre
Tel: 07717854355
Email: info@ystc.co.uk
Website: www.ystc.co.uk

ME Support Group, York & District

To support sufferers of ME/CFS, remove isolation, exchange ideas and information on this little known illness. Meetings held monthly, please telephone for further information.

Tel: 01347810841
Email: enquiries@YorkMESupport.org.uk
Website: www.mesupport.org.uk

Open: Information line Mon-Thursday 1pm – 2:30pm (can ring after)

Melbourne Project

Previously homeless people and alcoholics, it provides accommodation and support for previously homeless people.

Tel: 01904 673771

Mental Health Support in Hambleton and Richmondshire

Registered charity and company limited by guarantee. MHS provides a range of community day services for people experiencing mental health problems from aged 18 plus. We provide community support to people with mental health problems.

Tel: 01609 780758

Mental Health Action Group, Hull

An independent, charity registered action group, aiming to empower users/user groups, change attitudes, improve services and develop partnerships with professionals and others.

Tel: 01482 585244

Mental Health Support Line

22 The Avenue
Clifton
York
YO30 6AS

or

Adult social care initial assessment and safeguarding team
PO Box 402,
York
YO1 6ZE

Minicom: 01904 554136

Tel: 01904 553150 (for enquiries/referrals ONLY)

Fax: 01904 554055

Fax: 01904 553160

Email: adult.socialsupport@york.gov.uk

Website: www.york.gov.uk/health/Mental_health/Mental_health_support_line/

MESMAC (Gay and Bisexual men)

Tel: 01904620400

Email: www.northyorkshire@mesmec.co.uk

Mind (York Mind / Mind@Our Celebration)

- Entry level activities designed to help individuals make new contacts and friends. These activities include drama, yoga, craft, walking, reading, gardening and creative writing, which also have an extremely positive effect on the participants' wellbeing.
- Training activity designed to meet gaps in skills or education and provide qualifications that lead on to employment or mainstream learning.
- Work placements and specialist mentoring within our Design and Print Workshop for those ready to develop their employability skills and begin preparing for move-on from mental health services.
- Counselling (including carers counselling), Advocacy and Befriending

Highcliffe House

Highcliffe Court

York

YO30 6BP

Tel: 01904 643364

Email: office@yorkmkind.org.uk

Website: www.yorkmind.org.uk

Open: Monday – Friday 9am – 5pm

n b: Our Celebration and York and District Mind have recently amalgamated to form a new organisation.

Motability

Motability Operations
City Gate House
22 Southwark Bridge Road
London
SE1 9HB
Tel: 0845 4564566
Mon-Fri: 8.30-am-5.30pm

Multiple Sclerosis Society

Aims to help and advise any person with multiple sclerosis and/or their family. Regular newsletters and magazines; monthly social events, trips in accessible transport arranged. MS Cafe – Haxby and Wigginton Community Centre every Friday 11am – 3pm.

Jackie Chapman
1 Garth Court
White Rose Avenue
New Earswick
York
YO32 4TY
Tel: 01904 758577
Email: jackiechap@onetel.com
Website: www.mssociety.org.uk
Open: Any time (sometimes answer phone)

National Society for the Prevention of Cruelty to Children (NSPCC)

Services based in York include:

A Therapy team which exists to help children and their families through treatment when abuse has occurred.

Mothers Support Group for women whose children have been sexually abused.

Couple's Group for parents and carers whose children have been sexually abused.

Domestic Abuse service provides an assessment and therapeutic service to women and children when domestic abuse has occurred. The team does individual work with children and young people and provides a range of group work services.

24 hour child protection helpline provides advice, signposts to other organisations and suggests where to find information.

65 Osbaldwick Lane
York
YO10 3AY
Tel: 01904 430455

Fax: 01904 430818

Website: www.nspcc.org.uk

Contact: Debra Radford (Children's Services Manager Therapeutic Service)
Gwynne Rayns (Children's Services Manager, York Domestic Abuse Prevention Service)

National helpline: 0808 430455 (help can be offered in French, Italian, Turkish, Somali, Greek, Arabic, Chinese, Spanish)

Separate numbers for help in the following languages:

Welsh: 0808 1002524

Bengali: 0800 0967714

Gujurati: 0800 0967715

Hindi: 0800 0967716

Punjabi: 0800 0967717

Urdu: 0800 0967718

Asian/English: 0800 0967719

Textphone: 0800 0560566

National Debtline

Tel: 0808 8084000

Open: Mon-Fri: 9am-9pm & Sat 9am-1pm

Neighbourhood Management Unit (of City Council)

20 George Hudson Street, YORK YO1 6WR

New Roads (formerly York Alcohol Advice Service)

Free and confidential counselling, advice and information for problem drinkers, their families and friends. Advice offered over telephone, but not telephone support. Service User Group, Resource Centre and information leaflets.

Workplace Advice and Information.

63 Bootham

York

YO30 7BT

Tel : 01904 652104

E mail : office@yaas.info

Website : www.yaas.info

Nightstop

Independent charity working with other organisations to arrange free, emergency accommodation for young single people threatened with homelessness.

Spurriergate Centre,

St Michaels Church

Spurriergate

York

YO1 9QR

Tel: 01904 659610

Website: www.thespurrierfatecentre.com

North East Council on Addictions

15 Priory Street,
YORK.

Counselling every Thursday.

0190 234 3486

North Yorkshire Aids Action

Practical and emotional support for people affected by HIV/Aids. Information and prevention work.

Tel: 01904 640024

Website: www.northyorkshireaidsaction.co.uk

North Yorkshire Music Therapy Centre

Through musical improvisation music therapy can improve communication, confidence and self expression. Suitable for all ages for those with physical or learning disabilities, mental health or emotional problems. No musical skill is necessary.

121 Town Street

Old Malton

Malton

YO17 7HD

Tel: 01653 698129

Email: info@music-therapy.org.uk

Website: www.music-therapy.org.uk

Contact: Angela Harrison

Open: 9am – 5pm (answer phone 24 hours)

North Yorkshire Police

Tel: 0845 6060247

North Yorkshire and York Community and Mental Health Services

Website: <http://www.nyypct.nhs.uk/LocalServices/index.htm>

NYED - North Yorkshire Eating Disorder support group

Tel/text: 07533743224

Email: nyedgroup@aol.com

Meet every other Tuesday 5pm – 7pm at Castlegate

OCA Y

Older Citizens Advocacy York
52 Townend Street
York
YO31 7QG
Tel: 01904 676200
Fax: 01904 672460
Email: ocay@btconnect.com
Website: www.communigate.co.uk/york/advocacy
Contact: Roisheen Childs
Open: Mon-Thu: 10am-4pm, Fri: 10am-2pm

Ordnance Lane

Providing a range of accommodation types for both families and individuals in priority need. Occupants must be referred by the council and are usually referred by a caseworker from the Housing Options Team.
Tel: 01904 553180

Our Celebration (now known as Mind@Our Celebration)

- Entry level activities designed to help individuals make new contacts and friends. These activities include drama, yoga, craft, walking, reading, gardening and creative writing, which also have an extremely positive effect on the participants' wellbeing.
- Training activity designed to meet gaps in skills or education and provide qualifications that lead on to employment or mainstream learning.
- Work placements and specialist mentoring within our Design and Print Workshop for those ready to develop their employability skills and begin preparing for move-on from mental health services.
- Counselling (including carers counselling), Advocacy and Befriending

Highcliffe House
Highcliffe Court
York
YO30 6BP
Tel: 01904 643364
Email: office@ourcelebration.org.uk
Website: www.ourcelebration.org.uk

Open: Monday – Friday 9am – 5pm

n b: Our Celebration and York and District Mind have recently amalgamated to form a new organisation.

Patient Advice and Liaison Service (PALS) NHSNYY complaints

37 Monkgate

York

YO31 7PB

Tel: 01904 815150

or

Tel: 0800 5870856

Peasholme Resettlement Centre

Resettlement centre for homeless adults or those at risk of becoming homeless. Key work and group work approach to help people resettle or maintain an existing tenancy.

4 Fishergate

York

YO104FB

Tel: 01904 551901/653930

Website: www.peasholmecharity.org.uk

Contact: Tim Carroll

Open: 24 hours, 7 days a week

Also: Melbourne Project (for homeless/alcohol problems) 673771.

Peasholme Centre Office details:

Peasholme Centre

Basement Office

28 St. Mary's

York

YO30 7DD

Tel: 01904 653930

Pension Service

Tel: 0845 6060285

Open: Mon-Fri 8am-8pm

Pension Advisory Service

Tel: 0845 6012923

Open: Mon-Fri 9am-5pm

Pensions Forecast

Tel: 0845 3000168

Red Cross Escorted Shopping Service

Tel: 01904 691021

Reflect Pregnancy Support

Free confidential advice service for issues relating to pregnancy.

St Columba's Foundation,

Priory Street, YORK.

Drop In Service : Gateway Centre, Front Street, Acomb,10-1, Wednesdays.

Tel: 01904 676710

enquiry@reflectyork.co.uk

Relate (York& Harrogate)

Provides a confidential counselling service for people having difficulties or anxieties in any adult relationship. Psycho-sexual therapy available. Relate-Teen service for young people affected by parents' relationship difficulties.

Sir Thomas Herbert's House

14 Pavement

York

YO1 9UP

Tel: 01904 625971

Email: relateyork@btconnect.com

Website: www.relateweb.co.uk (local)

Website: www.relate.org.uk (national)

Open: Monday-Thursday: 9:30am–2:30pm, 6pm-9pm

Fees: A fee is expected, means tested

Relate (Selby)

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

2 St James Terrace

Selby

YO8 4HL

Tel: 01757 700262 (with answerphone)

Fax: 01757 700683

Email: relateselby@ukonline.co.uk

Website: www.relateweb.co.uk (local)

Website: www.relate.org.uk (national)

Open: Mon: 9.30am-2.30pm, Tue & Wed: 9.30am-2.30pm & 6pm-9pm, Thu:
9.30am-5.30pm

Fees: Voluntary contribution to cover costs

RETHINK, York Fellowship

Offers information, telephone counselling and support to families coping with mental illness. Family support group meet once a month (May-November)

c/o The Priory Street Centre

Priory Street

York

YO1 6ET

Tel: 01904 490753 (no answer phone)

Email: relateyork@btconnect.com

Website: www.rethink.org

Contact: Jenny MacLaren

Access: Anyone in the York area

Open: 10am-10pm

Richmond Fellowship

Provided supported housing to 5 people and support to 27 people in their own homes who are experiencing on-going mental health problems. We also provide support to a further 8 people who require more intensive support, specifically for helping recovery.

Unit F9

The Raylor Centre

James Street

York

YO10 3DW

Tel: 01904 438979

Email: york.sls@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk

Contact: Tyson Dallimer

Open: 9am-5pm Mon-Fri

Access: Anybody with a CPA care coordinator. If there is no coordinator GP referral is required.

Riding for the Disabled

York and District Group

To provide riding therapy for disabled children and adults.

29 Heworth Hall Drive

York

YO31 1AG

Location postcode YO30 1AS)

Tel: 01904 421010

or

Tel: 0845 4507021

Email: alan.ross29@btinternet.com

Website: www.riding-for-disabled.org.uk

Contact: Mr A Ross

Open: Mon 1:15pm 3pm, all year round in term-time, Wed 6pm – 7:30pm April – September.

Ryedale Counselling

A confidential counselling service for the people of Ryedale.

Based in Malton.

Tel: 01653- 690124.

counsellors@rva-cvs.org.uk

Ryedale/ Yorkshire Housing

Yorkshire House

6 Innovation Close

Heslington

York

YO10 5ZF

Tel: 01904 754420

Ryedale District Council – Homelessness Prevention

Call in at Ryedale House, Malton : 8.30 – 4.30

Tel: 01653 600666

St Andrews Psychotherapy

59 Huntington Road

York

YO30 8RL

Tel: 01904 724470

Salvation Army

63-73 Gillygate

York

YO31 7EA

Tel: 01904 545090.

Website: www.salvationarmy.org.uk/york

Samaritans

24 hour confidential support for anyone who is in distress, despair or at risk of suicide or self harm.

89 Nunnery Lane

York

YO23 1AH

Tel: 01904 655888

National Helpline: 08457 909090 (cost of a local call)

Email: Jo@samaritans.org

Website: www.samaritans.org

Open: 24hr helpline, drop in 8am – 10pm

Can also write to:

Chris

PO box 9090

Stirling

FK8 2SA

Saneline

Working to improve quality of life for anyone affected by mental illness.

Tel: 0845 7660163

Selby Advocacy

Community House, Portholme Road, SELBY.

Tel: 07761 827975.

Selby Community Recovery Team

Work with people over the age of 18 who have severe and enduring mental health problems. Part of North Yorks County Council's mental health services.

Tel: 01609 533453 50 Union Lane ,Selby

Selby Council : Homelessness Prevention

Housing Options Adviser,

Civic Centre,

Portholme Road,

Selby.

8.30-4.30 Call In, or phone 01757 292035

Scarborough Advocacy Alliance

Also covers Whitby and Rydale

Allatt House

5 West Parade Road

Scarborough

YO12 5ED

Tel: 01723 363910

Shelter

Housing advice support line
Tel: 0808 8004444

Shared Housing Scheme

Tel: 01904 653930

SNAPPY

Special Needs Activities and Play Provision for York. SNAPPY aims to promote and increase the provision of play and recreational activities for children and young people eligible to attend special needs education in York.

Young Groves Centre

84 Lowther Street

York

YO31 7LX

Tel: 01904640562

Email: snappyoffice@btconnect.co.uk (confidential enquiries to the project manager)

Email: snappycroc@btconnect.co.uk (general enquires)

Website: www.snappyyork.co.uk

Contact: Anne Stamp

Open: Mon-Fri 9:30am – 4:30pm and Sat 10am – 4pm

Solicitors In Local Area

Local solicitors recommended by the Community Legal Service who provide specialist legal advice in regards to mental health.

Graham Stowe Bateson

Ragain Street

Harrogate

HG1 1LT

Tel: 01423 562121

Fax: 01423 505669

Freephone: 0800 093390

Contact: Mr R S Reed & Mr M A Hurwood

or

Francia Whelan &Co

34 The Green

Wistow

Selby

YO8 3FS

Tel: 01757 269476

Fax: 01757 269476

Mob: 07739256283
Contact: Francia Whelan
or
Crombie Wilkinson
19 Clifford Street
York
YO1 9RJ
Tel: 01904 624185
Fax: 01904 613 078
Contact: Victoria Mortimer

Solid Foundations

The Salvation Army
Gillygate
York
YO31 7EA
Tel: 01904 656090

Speakability

Social group for people with speech and language difficulties following stroke or head injuries.

9 Derwent Park
Wheldrake
York
YO19 6AT
Tel: 01904 448618
Helpline: 08088 089572
Email: royandjulaurie@tesco.net
Email: speakability@speakability.org.uk
Website: www.speakability.org.uk
Contact: Judy Laurie

Spurriergate Centre

Café and shop housed in a redeveloped 12th Century Church. All profit goes to support a free on site counselling service.

St Michael's Church
Spurriergate
York
YO1 9QR
Tel: 01904 629393
Email: simon@thespurriergatecentre.com
Website: www.thespurriergatecentre.com
Contact: Simon Watterson
Open: Mon – Fri 10am – 4:30pm, Sat 9:30am – 5pm

Stonham

(owner occupier floating support service)
131 Brailsford Crescent,
Clifton,
York
YO30 6QF
Tel: 01904 477897

Survive

Survivors of child sexual abuse in North Yorkshire (One to one meetings, Information, advocacy, self-help groups, book loan service for survivors of child sexual abuse and their carers)

15 Priory Street

York

YO1 6ET

Tel: 01904 638813

24 hour helpline: 01904 642830

Office Email: survive@survive-northyorks.org.uk

Information: info@survive-northyorks.org.uk

Front-line Email: frontline@survive-northyorks.org.uk

Website: www.survive-northyorks.org.uk

Contact: Gill Main

Open: Monday-Friday: 9am-5pm, helpline: Thurs 7:30pm – 10pm. Answer phone messages checked and responded to Monday-Friday

Survivor Writers and Artists – York

‘A group of people in the York area who regard themselves as survivors of mental distress / services, and who are interested in creative writing and the arts. We help people publish and promote their work, provide mutual support and work with similar groups.’

The group meets monthly. Tel: 0798 5510458

Tax Credit Enquiry Line

Tel:0845 3003900

Triumph Over Phobia

TOP is a self help group for sufferers of Phobias and Obsessive Compulsive Disorder using a structured programme of graded self-exposure to overcome fears and panic. Group meets on Tues in Harrogate-ring/email for an application form.

PO Box

Bath

BA2 3WY

Tel: 0845 6009601

Agoraphobic Support Line: 01904 784544/415632

Email: info@triumphoverphobia.org.uk

Website: www.triumphoverphobia.com

Contact: Trilby Breckman

Fees: Free initial advice, £10 to become a member, £2.50 a week to attend a group. NB, those on low income do not pay.

The Retreat

The Retreat is a specialist mental health provider working with the NHS to provide care for people with complex and challenging needs.

The Retreat

Heslington Road

York

YO10 5BN

Tel: 01904 412551

Email: info@theretreat.org.uk

Website: www.theretreatyork.org.uk

Tuke Centre Outpatient Service, The Retreat

Psychotherapy, psychology, psychiatry and counselling. CBT, family therapy, eating disorder clinic, psychological trauma service.

28 Green Dykes Lane

York

YO10 3HH

(Private counselling service at The Retreat) Tel: 01904 430370

Fax: 01904 424850

Email: outpatients@retreat-hospital.org

Email: info@thetukecentre.org.uk

Web: www.retreat-hospital.org/pages/tukefr.htm

Contact: Chris Powell

Fees: Vary depending on service required. Low fees for people on benefits

Open: Mon-Fri: 8am-8pm

United Kingdom Council for Psychotherapy

Lists over 7000 psychotherapists throughout the UK.

Find a therapist on their website : www.psychotherapy.org.uk

United Response

United Response supports people with learning disabilities or mental health needs to live in the community.

35-41 North Street

York

YO1 6JD

Tel: 01904 541722

Contact: Melanie Blakeston

Website: www.unitedresponse.org.uk

Open: 9am – 4:30pm

Victim Support, York and Selby

Provides practical help and emotional support to all victims of crime, including victims of burglary, robbery, assault, rape and families of murder victims.

Confidential support for witnesses. Information and support on police and court procedures, compensation and insurance matters. Practical help with forms.

The Gatehouse

York Cemetery

Cemetery Road

York

YO10 5AJ

Tel: 0845 1209829 (local office)

National helpline: 0845 3030900

Website: www.victimsupport.org/vs_england_wales/

Contact: Elizabeth Maughton (service manager)

Open: Monday-Friday:9:30am-3pm

Vision of Life

An independent organisation that puts people with learning difficulties' needs first. We provide up to date information, services, advocacy, campaigning and we organise conferences and social events.

Martin Taylor

15 Priory Street

York

YO1 6ET

Tel: 01904 673314

Email: visoflife@aol.com

Walk In Centre

31-33 Monkgate

York

YO31 7WA

Tel: 01904 674557/ 725401

8am-6pm, 7 days a week

Welfare Benefits Unit- Admin

Tel: 01904 646058 (not an advice line).

Wilberforce Trust

Provider of accommodation, care support, rehabilitation and training to adults with visual impairments and additional disabilities.

Wilberforce House
49 North Moor Road
Huntington
York
YO32 9QN

Tel:01904 760037

Email: enquiry@wilberforcetrust.org.uk

Website: www.wilberforcetrust.org.uk

Contact: Keith McKee

Open: Mon – Fri: 8am – 5pm. Service provided 24/7

Wilf Ward Family Trust

Providing community based services for adults with learning disabilities – support workers, away breaks, supported living and day services.

69 Green Lane
Acomb
York

YO24 3DJ

Tel: 01904520561

or

Tel: 01904520562

or

Tel: 01904 789662

Email: communityyork@wilfward.org.uk

Website: www.wilfward.org.uk

Contact: Wendy Flintot

Open: Mon – Fri (answer phone)

Wilf Ward Selby Carers

Unit 18
Ousegate Business Centre
Ousegate
Selby
YO8 4NN

Tel: 01757 292532

Email: www.selbycarers@wilfward.org.uk

Winter Fuel Helpline

Tel: 0845 9151515 (Mon-Fri: 8am-8pm)

Women's Aid York

Provides refuge accommodation, advice and support for women and children escaping physical and/or emotional domestic violence. Outreach project provides confidential advice, practical assistance and emotional support to women who do not wish to access the refuge. 'Drop in' takes place every Wednesday between

12pm and 2pm at:

71a Walmgate

York

YO1 9TZ

Postal address:

PO Box 457

York

YO1 9YJ

Tel: 01904646630 (Refuge)

Tel:01904646036 (Outreach)

Email: info@yorkwomensaid.org.uk

Website: www.yorkwomensaid.org.uk

Open: Monday-Friday: 9am-5pm (24hr on call service)

Women's Counselling Service

Face to face counselling for women on a wide range of issues.

OPSA House

5a High Ousegate

York

YO1 8ZZ

Tel: 01904 652706 (24 hour answer phone)

Open: Administration & initial interview: Monday 12:30pm-2:30pm. Appointments arranged by telephone.

Woodlands Respite Centre

Owned by the Multiple Sclerosis Society, Woodlands exists to provide high quality respite care for people affected by multiple sclerosis in a warm, friendly and caring environment, offering support and motivation, and promoting each person's individuality, privacy, dignity, choice and rights.

120 Thief Lane

Hull Road

York

YO10 3HU

Tel: 01904 430600

Website: www.woodlands.org.uk

Worker's Educational Association; WEA

Providing a range of educational course, day time and evening around York, with particular concern for those whose educational opportunities may have been limited. Targeted community work for people in homes.

26 Hunters Way

Dringhouses

York

YO24 1JJ

Tel: 01904707862

Email: Janet.marsham@care4free.net

Website: www.wea.org.uk

Contact: Mrs Janet Marsham

Yorclinic

Contraceptive and sexual health clinic

31 Monkgate,

YORK

Tel : 01904 721111

www.yorsexualhealth.org.uk : a useful website for information on sexual health services in York and North Yorkshire.

York Alcohol & Advisory Service (YAAS)

See : 'New Roads'.

Tel: 01904 652104

York Carers Centre

17 Priory Street

York

YO1 6ET

Tel: 01904 715490

Email: enquiries@yorkcarerscentre.co.uk

Website: www.yorkcarerscentre.co.uk

York Carers Forum

13 Hopgrove Lane South

York

YO32 9GT

Tel: 01904 422437

Website: www.yorkcarersforum.org/

York District Hospital

Tel:01904 631313

York Family Mediation Service

Helps couples who are separating and who are in conflict to come to agreement on all issues of the family breakdown, children, finance and property.

Catherine Morris (service manager)

3rd Floor

Holgate Villa

22 Holgate Road

York

YO24 4AB

Tel: 01904 646068

Email: yorkfms@care4free.net

Web: www.yorkfms.co.uk

Open: Mon – Fri 9am – 5pm, 24 hour answer phone.

York Housing Association

2 Alpha Court

Monks Cross Drive

Huntington

York

YO32 9WN

Tel: 01904 636061

Fax: 01904 612623

Email: info@yorkha.org.uk

Website: www.yorkha.org.uk

Drop in at Salvation Army:

Gillygate

Friday 10am-11.30am

Support to help people keep their accommodation whether rented or home owners

York LGBT & Q Youth Group

A service for people under 25 who are lesbian, gay, bisexual, transgender or questioning their sexuality. Group meets weekly.

Tel : 07767 318175

www.lgbyouthyork.org.uk

York People First

Self advocacy group run by and for people with learning difficulties, helping people to speak up for themselves and provide information.

31a Heworth Hall Drive

Heworth

York

YO31 1AG

Tel: 01904 431313

Email: yorkpeoplefirst@btconnect.com

Website: www.peoplefirstltd.com

Open: Mon- - Thur 9am – 4:30pm, Fri 9am – 4pm

York Racial Equality Network

Provides independent, impartial and mutual support to individuals who are experiencing racial harassment, victimisation, discrimination or isolation.

Promotes awareness of the needs of black and minority ethnic people, and groups in the York area by developing links with appropriate voluntary and statutory agencies and by encouraging a multi-agency approach to race issues

Rita Sanderson

20 Falsgrave Crescent

Clifton,

York

YO30 7AZ

Tel: 01904 642600

Email: yortime@york.gov.uk

Website: www.yortime.org.uk

York Reach

Our clients attend on a voluntary basis. They are free to walk in off the street if they want help or they can be referred from other agencies around York. The services that we can offer clients include group work, key work (one to one situation) and alternative therapies. We offer the following groups: Drug Awareness, Initiating Change, Maintaining Change, Crack Cocaine Use, Managing Emotions, Promoting Healthy Lifestyles and Exit Planning - After Care. The alternative therapies we can offer are: acupuncture, acupressure and electro stimulation therapy. These treatments can help the clients to develop their confidence and commitment to remain drug free when they get back into their local communities

6 Peckitt Street

York

YO1 9NF

Tel: 01904 675040

York Special Families

Parent-led support and information for families who have a child (0-16) with disabilities.

John Hume
76 Monkgate
York

YO31 7PF

Tel: 01904 670811

Email: john.hume@tesco.net

York Special Families

Free confidential information, support and counselling service for young people aged 16-25. Advice on housing, filling in forms, benefits, rights and services, pregnancy testing and a counselling service.

1 Bootham

York

YO30 7BN

Tel: 01904623850

Email: mail@yorkyes.co.uk

Website: www.yorkyes.co.uk

Open: Monday, Wednesday and Friday: 12pm-5pm, Tuesday and Thursday:
3pm-5pm

National Services

Accord Catholic Mediation Counseling Services

Tel: 028 90233002

Action Against Abuse of Women and Girls

Tel: 01243 785948

Action for Prisoners' Families

Unit 21

Carlson Court

116 Putney Bridge Road

London

SW15 2NQ

Tel: 020 88123600

Fax: 020 88710473

Email: info@actionpf.org.uk

Website: www.prisonersfamilies.org.uk

ADDISS (The National Attention Deficit Disorder Information and Support Service)

We provide 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.

ADDISS

PO Box 340

Edgware

Middlesex

HA8 9HL

Tel: 0208 9522800

Email: info@addiss.co.uk

Website: www.addiss.co.uk

Adfam

Information and advice for families who are experiencing problems relating to drugs and alcohol. Face to face help for families experiencing mental trauma in the criminal justice system.

Waterbridge House
32-36 Loman Street
London

SE1 0EH

Tel: 020 79288898

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Adult Male Survivors Of Sexual Abuse (AMSOSA)

A helpline for adults (17+) male survivors of child sexual abuse and adult rape. Answerphone messages are returned as soon as possible.

165 Victoria Road
Swindon

Wiltshire

SN1 3BU

Tel: 0845 4309371

Open: Mon, Tue, Thu, Fri: 10am-12pm & 1.30pm-4pm & on Wed: 7pm-9pm

Advocacy Network

Patient advocacy network and planning.

Volserve House
14-18 West Bar Green
Sheffield

S1 2DA

Tel: 0114 2728171

Email: office@u-kan.co.uk

Website: www.u-kan.co.uk

AFTERMATH

Charity supporting people involved with serious crime.

PO Box 414

Sheffield

S4 7RT

Tel: 0114 2758520

Email: aftermath0FX@supanet.com

Website: www.soft.net.uk/net.uk/turner/aftermath.htm

AL-ANON Family Groups

Understanding and support for families and friends of problem drinkers. Alateen is a service for young people aged 12-20 who have been affected by someone else's drinking.

Al-anon Family Groups UK & Eire

61 Great Dover Street

London

SE1 4YF

Tel: 020 74030888

Website: www.al-anonuk.org.uk

Alzheimer's Society

Gordon House

10 Greencoat Place

London

SW1 1PH

Tel: 020 73060606

National Helpline: 0845 3000336 (Mon-Fri: 8.30am-6.30pm)

Email: enquiries@alzheimers.org.uk

Website: www.alzheimers.org.uk

Alzheimer Scotland-Action on Dementia

22 Drumsheugh Gardens

Edinburgh

EH3 7RN

Tel: 0131 2431453

National Helpline: 0808 8083000

Fax: 0131 2431450

Email: alzheimers@alzscot.org

Website: www.alzscot.org

Anxiety UK

Provides a range of services across the UK for people with anxiety problems.

Helpline : 08444 775 774

www.anxietyuk.org.uk

APEX Charitable Trust

Support, information and advice for ex-offenders seeking work and employers wishing to recruit and retain ex-offenders.

St Alphage House

Wingate Annexe

2 Fore Street
London
EC2Y 5DA
Tel: 020 76385931
Fax: 02076385977
Email: apextrust@charity.vfree.com

ASD Friendly

ASD Friendly is a support network of parents with Autistic and Aspergers children, who discuss life as we know it in our friendly forums. Need help, or have advice to offer? Join in the discussions on the message boards on a variety of topics affecting our children: education, health, managing the hairdressers or struggling to get shoes fitted. And we're all here to celebrate when things go well!
Website: www.asdfriendly.org

ASSIST

Support, understanding and therapy for people experiencing PTSD.
Helpline : 01788 560 800.

Association for Postnatal Illness

Information and support for those suffering from post-natal depression. Education and research about post-natal depression.
145 Dawes Road
Fulham
London
SW6 7EB
National Helpline: 02073860868
Email: info@apni.org
Website: www.apni.org

Barnado's Childrens Services

Services for children, young people and families in greatest need, including leaving care, adoption, training into employment, child protection and family support for disabled children.
Four Gables
Clarence Road
Horsforth
Leeds
LS18 4LB
Tel: 01133933200
Email: sue.oxley@barnados.org.uk
Website: www.barnados.org.uk
Open: 9am -5pm

Beat

Beat is the leading UK charity for people with eating disorders and their families. beat is the working name of the Eating Disorders Association, and we continue to build on the strong foundations of the past 18 years of work.

beat provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people beat their eating disorder.

Helpline: 08456341414 (over 18's)

Youthline: 08456347650 (under 25's)

Email: help@b-eat.co.uk

Website: www.b-eat.co.uk

Open: Mon-Fri: 10:30am – 8:30pm Sat: 1pm – 4:30pm

Black Prisoner Support Group (BPSP)

c/o POPS

Suite 4b

Building 1

Wilsons Park

Monsall Road

Newton Heath

Manchester

M40 8WN

Tel: 0161 2779066

Fax: 0161 2779066

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

BABCP

The Globe Centre

PO Box 9

Accrington

BB5 0XB

Tel: 01254875277

Email: babcp@babcp.com

Website: www.babcp.org.uk

British Association for Counselling and Psychotherapy

British Psychological Association

The British Psychological Society

St. Andrews House

48 Princess Road East
Leicester
LE1 7DR
Tel: 01162549568
Email: enquiry@bps.org.uk
Website www.bacp.co.uk

British Psychological Society

The British Psychological
St Andrews House
48 Princess Road East
Leicester
LE1 7DR
Tel: 0116 2529589
Fax: 0116 2271314
Email: enquiry@bps.org.uk
Website: www.bps.org.uk

Careline

Offering information on care and support for older people.
Tel: 0181 514117

Carers UK

20-25 Glasshouse Yard
London
EC1A 4JT
Tel: 020 74908824
Email: info@carersuk.org
Website: www.carersuk.org

CAST (Creative and Supportive Trust)

CAST offers an holistic service of education, training and employment advice to women offenders, women at risk of offending and women with mental health or substance misuse problems. Our aim is to help women build new lives within their communities.

37-39 Kings Terrace
London
NW1 0JR
Tel: 020 73385228
Fax: 020 73887252
Email: cast@camden5.fsnet.co.uk

Childline

You can talk to Childline about anything - no problem is too big or too small. If you are feeling scared or out of control or just want to talk to someone you can call Childline. Some of the things that people phone about are feeling lonely or unloved, worries about their future, problems about school, bullying, drugs, pregnancy, HIV and AIDS, physical and sexual abuse, running away and concerns about parents, brothers, sisters and friends, and crimes against them. Whatever your worry, large or small, we're here to offer advice and support.

Tel: 08001111 (24 hr freephone)

Website: www.childline.org.uk

Chinese Information and Advice Centre (CAIC)

The Chinese Women Domestic Violence Project at the Chinese Information & Advice Centre (CIAC) in Central London is developing its Outreach Project to support Chinese sufferers of domestic violence.

Tel: 020 76923697

Email: teng@ciac.co.uk

Christian Family Concern

Charity committed to supporting family life. Includes details of nursery, out of school clubs and accommodation for teenage mothers.

Tel: 020 86880251

Counselling Directory

The purpose of the site is ultimately to provide the UK with a huge counselling support network, enabling those in distress to find a counsellor close to them and appropriate to their needs. This is a free, confidential service that will hopefully encourage those in distress to seek help. The website also contains a number of sections on emotional disorders (types of distress section) and provides some useful statistics. Every counsellor on the site who has submitted their profile has either sent a copy of their qualifications and insurance cover to us, or is registered with a professional body online with recognised codes of ethics and practice, this way we can be assured of their professionalism.

Website: www.counselling-directory.org.uk

Criminal Cases Review Commission

Alpha Tower
Suffolk Street
Birmingham

B1 1TT
Tel: 0121 6331800
Fax: 0121 6331804
Email: info@ccrc.gov.uk
Website: www.ccr.gov.uk

Depression Alliance

Support, Information, raising awareness, research.
212 Spitfire Studios
63-71 Collier Street
London
N1 9BE
Tel: 0845 1232320
Email: information@depressionalliance.org
Website: www.depressionalliance.org

Depression UK (formerly Fellowship of Depressives Anonymous)

Box FDA
Self Help Nottingham
Ormiston House
32-36 Pelham Street
Nottingham
NG1 2EG
Tel: 0870 7744320
Fax: 0870 7744319
Email: fdainfo@aol.com
Website: www.depressionanon.co.uk

Divorce, Mediation & Counselling Services

Tel: 020 77302422

Drinkline

Information and self-help materials. Help to callers worried about their own drinking. Support to the family and friends of people who are drinking. Advice to callers on where to go for help.
Tel: 0800 9178282 (freephone)

Drugscope

Provides online information about drugs and their effects. Centre of expertise on drugs.

32 Loman Street

London

SE1 0EE

Tel: 08707743682 (information line)

Email: info@drugscope.org.uk

Website: www.drugscope.org.uk

Emergence

Web site for those affected by Personality Disorder :

www.emergenceplus.org.uk

Everyman Project

Counselling, support and advice to men who are violent or concerned about their violence, and anyone affected by that violence.

Tel: 020 77376747

Families Anonymous

Tel: 0800 7350671

Family Service Units

Tel: 020 74285405

First Steps to Freedom

Supports those with Borderline Personality Disorder and their families.

Tel : 0845 120 2916

Freecall Message Home

Tel: 0500 700740

Foundation for People with Learning Difficulties

The Foundation for People with Learning Disabilities works to promote the rights, quality of life and opportunities of people with learning disabilities and their families. We do this by working with people with learning disabilities, their families and the people who support them. We carry out research, promote the rights of people with learning disabilities, improve services and spread knowledge and information.

Foundation for People with Learning Disabilities
9th Floor
Sea Containers House
20 Upper Ground
London
SE1 9QB
Tel: 020 7803 1100
Website: www.learningdisabilities.org.uk

FPWP Hibiscus

Female prisoners welfare project
12 Angel Gate
320 City Road
London
EC1V 2PT
Tel: 020 72787116
Fax: 020 78373339
Email: fpwphibiscus@aol.com
Website: www.fpwphibiscuc.org.uk

FRANK

Free and confidential drugs information and advice service.
Tel: 0800776600
Text phone: 08009178765
Email: frank@talktofrank.com
Website: www.talktofrank.com

Gamblers Anonymous

c/o CVS Building
Trafford Court
Off Trafford Way
Doncaster
DN1 1PN
London Tel: 020 73843040 (24 hr helpline)
Manchester Tel: 0161 9765000
Sheffield Tel: 0114 2620026
Birmingham Tel: 0121 2331355
Ulster Tel: 0287 1351329
Website: www.gamblersanonymous.org.uk

Gamcare

National Association for Gambling Care, Educational Resources and Training.
Suite 1 ,Catherine House,
25-27 Catherine Place,
Westminster,
LONDON SW1 6DU.
Tel : 020 7233 8988

Home Group

Care and support service to cover a wide range of needs and age group including the Stonham supported housing and floating support services. Stonham provides housing for ex-offenders and operate in all areas of the country.

Home (head office)
2 Gosforth Park Way
Gosforth Business Park
Gosforth
Newcastle upon Tyne
NE12 8ET
Tel: 0845 1551234
Rent Payment: 0845 1550387
Out of hours repairs: 0845 6063030
Out of hours repairs: 0845 1550980 (Copeland Homes)

Howard League For Penal Reform

1 Ardleigh Road
London
N1 4HS
Tel: 020 72497373
Fax: 020 72497788
Email: howardleague@ukonline.co.uk
Website: www.horwardleague.org.uk

INQUEST

A small charity that is the only organisation in England and Wales that provides a specialist, comprehensive advice service to bereaved people, lawyers, other advice and support agencies, the media, MP's and the wider public on contentious deaths and their investigation. contentious

89-90 Fonthill Road
London
N4 3JH
Tel: 020 72631111

Fax: 020 75610799

Website: www.inquest.org.uk

Irish Council For Prisoners Overseas (ICPO)

formerly Irish commission for Prisoners Overseas

Irish Chaplaincy in Britain

50-52 Camden Square

London

NW1 9XB

Tel: 020 74825528

Fax: 020 74824815

Website: www.irishchaplaincy.org.uk

Jewish Visitation Committee

Visiting Jewish prisoners.

Visitation Committee

United Synagogue

44b Albert Road

Hendon

London

NW4 2SG

Tel: 020 84579709

Contact Rev. Michael Binstock

Joint Council for the Welfare of Immigrants (JCWI)

115 Old Street

London

EC4V 9JR

Tel: 020 72518708

Fax: 020 72518707

Email: info@juci.org.uk

Website: www.jcwi.org.uk

JUSTICE

The all party law reform and human rights organisation.

59 Carter Lane

London

EC4V 5AQ

Tel: 020 73295100

Fax: 020 73295505

Email: admin@justice.org.uk

Website: www.justice.org.uk

Kiran- Asian Women's Aid

Advice, support refuge for Asian women and women from other cultures e.g. Turkey, Iran, Morocco, Malaysia etc.

Tel: 020 85581986

LIBERTY

Charity set up to defend civil liberties.

21 Tabard Street

London

SE1 4LA

Tel: 020 7403888

Tel: 020 73788689 (advice service, open Mon& Thu: 6-8pm, & Wed; 12.30pm-2.30pm)

Website: www.liberty-human-rights.org.uk

man2man

Abuse Helpline for male victims only, 7 days per week, 365 days per year.

Emergencies only after 10pm.

Tel: 0208 6989649

Marriage Care

Marriage Care National Office

Clitherow House

1 Blythe Mews

Blythe Road

London

W14 0NW

Tel: 020 73711341

National Helpline: 0845 6606000

Fax: 020 73714921

Email: info@marriagecare.org.uk

Website: www.marriagecare.org.uk

MDF The BiPolar Organisation (formerly Manic Depressives Fellowship)

(Information)

MDF The Bipolar Organisation

Castle Works
21 St. George's Road
London
SE1 6ES
Tel: 08456340540
Fax: 020 79932639
Email: mdf@mdf.org.uk
Website: www.mdf.org.uk

Men's Advice Line and Enquiries

Information, support and advice to men experiencing domestic violence. Open from 9am to 10pm, Mon & Wed (answerphone at other times). Local projects for men are available in some areas.

Tel: 020 86449914

Men's Aid

Providing support and advice for men experiencing domestic violence.

Tel: 0871 2339986

Mental Health Foundation

Founded in 1949, the Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.

Mental Health Foundation

London Office

9th Floor

Sea Containers House

20 Upper Ground

London

SE1 9QB

Tel: 020 7803 1100

Website: www.speak-up.org.uk

MIND

Mental health charity.

15-19 Broadway

Stratford

London

E15 4BQ

Tel: 020 85192122
Mind info line: 0845 7660163
Mind legal info: 0845 2259393
Fax: 020 85221725
Email: contact@mind.org.uk
Email: legal@mind.org.uk
Website: www.mind.org.uk

MIND Cymru

3rd floor
Quebec House
Castlebridge
5-19 Cowbridge East
Cardiff
CF11 9AB
Tel: 029 20395123
Fax: 029 20346585

NACRO

Offers resettlement advice, before and after prisoners are released.
Park Place
10-12 Lawn Lane
London
SW8 1 UD
Tel: 020 78407200
Fax: 02078407240
Website: www.nacro.org.uk

National Aids Helpline

Tel: 0800 567123 (24 hr)

National Aids Trust (NAT)

New City Cloisters
196 Old Street
London
EC1V 9FR
Tel: 020 78146767
Fax: 020 7216011
Email: info@nat.org.uk
Website: www.nat.org.uk

Narcotics Anonymous

Non-profit fellowship of men and women for whom drugs has become a major problem. Recovering addicts who meet regularly to help each other.

Tel: 02077300009

National helpline: 08453733366 (10am-10pm, 7 days a week)

Email: pi@ukna.org

Website: www.ukna.org

National Alcohol Helpline: Drinkline

Offers information, self-help materials, support for families and friends, advice on where to get help.

National helpline: 08009178282 (9am-11pm, Monday-Friday)

National Association of Bereavement Services

A national directory of bereavement and loss services and can direct people to their nearest appropriate source of support.

20 Norton Folgate

London

E1 6DB

National helpline: 020 77099090 (24 hour helpline)

National Autistic Society

We champion the rights and interests of all people with autism and aim to provide individuals with autism and their families with help, support and services that they can access, trust and rely upon and which can make a positive difference to their lives.

The National Autistic Society

393 City Road

London

EC1V 1NG

Tel: 020 78332299

Email: nas@nas.org.uk

Website: www.autism.org.uk

National Association Of Citizen's Advice Bureaux

Citizens Advice

Myddelton House

115-123 Pentonville Road

London
N1 9LZ
Tel: 020 78332181 (Admin)
Helpline: 0844 4772020 (only available in Wales)
Fax: 020 78334371 (Admin)
Website: www.citizenadvice.org.uk
Website: www.adviceguide.org.uk

National Association Of Official Prison Vistors (NAOPV)

29 Kimbolton Road
Beford
MK40 2PB
Tel: 01234 359763
Email: info@naopv.com
Website: www.naopv.com

National Council for One Parent Families

Both numbers operate Mon-Fri 9.15am-5.15pm. Runs an information service for lone parents, other organisations, local authorities and the media.
Tel: 0800 0185026
Tel: 020 74285400

National Domestic Violence Helpline

Tel: 08457 023468

National Phobics Society

Support and help for those with an anxiety condition, such as generalised anxiety disorder, OCD, panic attacks, post-traumatic stress disorder, body dysmorphic or specific phobia. Workshops, Information. Therapy services at reduced rates for members.

Zion Community Resource Centre
339 Stretford Road
Hulme
Manchester
M15 4ZY
Tel: 0870 1222325
Email: nationalphobic@btconnect.com
Website: www.phobics-society.org.uk

National Self Harm Network

P O Box 7264, Nottingham NG1 6WJ.

Tel: 0800 622 6000.

www.nshn.co.uk

Survivor led organization supporting those who self harm.

National Society for the Prevention of Cruelty to Children (NSPCC)

65 Osbaldwick Lane

York

YO10 3AY

Tel: 01904 430455 (local office)

National helpline: 0808 8005000 (help can be offered in French, Italian, Turkish, Somali, Greek, Arabic, Chinese, Spanish)

Separate numbers for help in the following languages

Welsh: 0808 1002524

Bengali: 0800 0967714

Gujurati: 0800 0967715

Hindi: 0800 0967716

Punjabi: 0800 0967717

Urdu: 0800 0967718

Asian/English: 0800 0967719

Textphone: 0800 0560566

Fax: 01904 430818

Website: www.nspcc.org.uk

New Bridge

Creates links between offenders and the community, intending not to forget victims of crimes but to prevent more people becoming victims. Offers programmes to help prisoners maintain links with the community and offers a befriending service to long term prisoners.

New Bridge Foundation

27A Medway Street

London

SW1 2BD

Tel: 020 79760779

Fax: 020 79760767

Email: new.bridge@ukgateway.net

Website: www.newbridgefoundation.org.uk

No Panic

Advice and information about anxiety disorders such as panic disorder, obsessive compulsive disorder, phobias and general anxiety.

93 Brands Farm Way

Telford

Shropshire

England

TF3 2JQ

Tel: 01952 590005

National Helpline: 0808 8080545 (10am-10pm)

Email: ceo@nopanic.org.uk

Website: www.nopanic.org.uk

OCD Action

OCD Action exists to provide information, advice and support for people with these disorders and their families, friends and carers, as well as interested professionals and the media. OCD Action also promotes awareness and understanding of OCD and related disorders.

22/24 Highbury Grove

Suite 107

London

N5 2EA

Tel: 08703606232 (office)

National Helpline: 02072880828

Email: info@ocdaction.org.uk

Website: www.ocdaction.org.uk

PACT

Prisoner advice & Care Trust

Park Place

12 Lawn Lane

Vauxhall

London

SW8 1UD

Tel: 020 77359335

Fax: 020 77353989

Email: info@prisonadvice.org.uk

Website: www.prisonadvice.org.uk

Panahgher

Help for Asian women experiencing Domestic Violence

Tel: 01203 228952

Parents Association for the prevention of Young Suicide (PAPYRUS)

Information on website for those considering suicide and for parents/friends.
Working with parents in promoting their role in prevention of suicide. Promoting public awareness of mental health issues.

Rossendale GH

Union Road

Rawtenstall

Lancashire

Tel: 01706214449

National Helpline: 08701704000 or 01978367333 for professional advice

Email: admin@papyrus-uk.org

Website: www.papyrus-uk.org

Partners Of Prisoners And Families Support Group (POPS)

Valentine House

1079 Rochdale Road

Blackley

Manchester

M9 8AJ

Tel: 0161 7021000

Fax: 0161 7021000

Website: www.partnersofprisoners.org.uk

Prison Fellowship (England and Wales)

Offers support to families, prisoners and ex-offenders. Volunteer based with a Christian ethos. Service is offered to anyone regardless of benefits. 160 offices in England and Wales. In some prisons they run life skills programmes and Angel Tree- a scheme which provides Christmas presents for prisoners' children. They also publish a free magazine and prayer guide 3 times a year. There are Prison fellowship ministries in 88 countries including Northern Ireland and Scotland.

PO Box 945

Maldon

Essex

CM9 4EW

Tel: 01621 843232

Fax: 01621 843303

Website: www.prisonfellowship.org.uk

Prison Phoenix Trust

Using meditation and yoga, the Prison Phoenix Trust encourages prisoners to

find personal freedom inside UK prisoners to find personal freedom inside UK prisons by giving introductory workshops and through correspondence. The Trust works not only with prisoners but the entire prison community. It runs a teacher support network with training courses and workshops.

The Prison Phoenix Trust

PO Box 328

Oxford

Oxfordshire

OX2 7HF

Tel: 01865 512521

Fax: 01865 516011

Website: www.ioxfordshire.co.uk

Prison Reform Trust

A national charity which campaigns for better conditions in prison and the greater use of alternatives to custody. It's able to deal with enquiries about various aspects of imprisonment and complaints about the treatment of individuals in prison, but can't deal with cases of wrongful conviction. It produces a number of publications about prison and imprisonment and a quarterly magazine Prison Report.

15 Northburgh Street

London

EC1V 0JR

Tel: 020 72515070

Fax: 020 72515076

Email: pri@prisonreform.demon.co.uk

Website: www.prisonreformtrust.org.uk

Prisoners' Advice Service

Takes up prisoners' complaints about their treatment within the prison system- particularly those relating to the rules and regulations. They can provide information on property loss, mandatory drug testing procedures and transfers, as well as a list of solicitors who have an interest in prisoners rights. Contact from families and friends is welcome. However they do need direct contact from the prisoner in order to take up their complaint. They do not deal with miscarriages of justice or appeals against conviction.

PAS

Box 46199

London

EC1M4XA

Tel: 020 72533323

Tel: 0845 4308923

Fax: 020 72538067

Website: www.prisoneradvice.org.uk

Open: Mon, Tue, Thu, Fri: 9.30am- 1pm & 2pm- 5.30pm

Prisoners' Families And Friends

Office an advice and information service to any relative or friend of a prisoner who contacts them whether by telephone or by letter. Volunteers can also visit prisoners' families (in inner London area only) and offer support and friendship. Trained volunteers are available to give advice and support in four Inner London Crown Courts on main sentencing days. The Swan Centre is open to any women in the London area who has someone in prison. Activities include advice sessions, workshops, creative activities, holiday activities and a drop-in facility.

20 Trinity Street

London

SE1 1DB

Tel: 020 74034091

Helpline: 0808 8083444

Fax: 020 74039359

Email: info@pffs.org.uk

Website: www.pffs.org.uk

Prisoners Wives And Families Society

Provide advice, information and a support service for the families and friends of those in prison. PWFS provides inexpensive overnight stay accommodation for families travelling long distances to London prisons (very near to Pentonville and Holloway). It manages the visitor centres at Pentonville and Holloway Prisons. All enquiries by telephone or letter are welcome.

254 Caledonian Road

Islington

London

N1 0NG

Tel: 020 72783981

Fax: 020 72783981

Rape/Indecent Assault Crisis Counselling

Tel: 0800 7350567

Refuge's 24 hour National Crisis Line

Provides advice and support to those experiencing domestic violence and refers

women and children on to the 250 refuges nationwide.

Tel: 0990 995443

Open: 24 hrs. a day, 365 days a year

Release

Information and advice, legal services, drug services.

399 Old Street

London

EC1V 9LT

Tel: 020 77295255

National Helpline: 0845 4500215 (legal helpline, heroin helpline, Mon-Fri: 11am – 5:30pm)

Email: ask@release.org.uk

Website: www.release.org.uk

Relate

112 local Relate centres provide couple counselling for those with relationship problems and psychosexual therapy, and relationship and family education.

Tel: 01788 573241

or

Tel: 0870 6012121

Rethink

For people with severe mental illness. Information and advice on a wide range of issues affecting those with severe mental illness including housing, local services, self management project.

Rethink Head Office

5th Floor

Royal London House

22-25 Finsbury Square

London

EC2A 1DS

Tel: 0845 4560455

National Helpline: 020 89746814 (Mon-Fri, 10am-3pm)

Email: Info@rethink.org

Email: advice@rethink.org

Website: www.rethink.org

Re-solv

The society for the prevention of solvent and volatile substance abuse. Online training course, fact sheets, Information and support.

Tel: 08088002345 (Mon-Fri, 9am-5pm)

Web: www.re-solv.org

Runaway Helpline

For children and young people who leave home.

www.runawayhelpline.org.uk

Tel : 0808 80 70 70.

Samaritans

Provides confidential non-judgmental emotional support 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Chris

PO Box 9090

Stirling

FK8 2SA

Tel: 08457 909090 (UK)

Tel: 1850 609090 (ROI)

Email: jo@samaritans.org.uk

SANELINE

For anyone coping with mental illness. Support and reassurance during times of crisis. Offer information. Can put people in touch with services locally.

1st Floor Cityside House

40 Adler Street

London

E1 1EE

Tel: 02073751002

National helpline: 08457678000

Email: London@sane.org.uk

Website: www.sane.org.uk

SCOPE Response

Scope is a national disability organisation whose focus is people with cerebral palsy. Scope Response is a free, confidential information, advice and support service for all disabled people and their families in England and Wales. Scope also campaigns for equality for all disabled people and works with other disability groups on equality issues and development. Contact us for a local group.

PO Box 833

Milton Keynes

MK12 5NY

Tel: 08088003333

Email: response@scope.org.uk

Website: www.scope.org.uk

Open: Mon- Fri 9am – 7pm, Sat 10am – 2pm

Scottish Domestic Abuse Helpline

Calls are answered by women who offer confidential information and support to anyone affected by domestic abuse.

Tel: 0800 0271234

Open: 365 days:10am-12am, between 10am-2pm &10pm-12am there is a text phone service on the same number.

Seasonal Affective Disorder Association

www.sad.org.uk

Po Box 989, Steyning.BN44 3HG

Shaw Trust

Provides training and work opportunities for people who are disadvantaged in the workplace due to disability, ill health or other social circumstances.

Shaw Trust Head Office

Fox Talbot House

Greenways Business Park

Malmesbury Road

Chippenham

Wiltshire

SN15 1BN

Tel: 01225716300

Email: stir@shaw-trust.org.uk

Website: www.shaw-trust.org.uk

Shelter

Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. We offer advice, information and advocacy to people in housing need, and by campaigning for lasting political change.

Shelter

88 Old Street

London

EC1V 9HU

Housing advice support line: 0808 8004444

Email: info@shelter.org.uk

Supporting Others Through Volunteer Action (SOVA)

Volunteer mentoring organisation working with those socially and economically disadvantaged in England and Wales
SOVA Head Office & Southern Area Office
Unit 201 Lincoln House
1-3 Brixton Road
London
SW9 6DE
Tel: 020 77930404
Fax: 020 77354410
Email: london@sova.org.uk

SOVA Yorkshire & Humberside
St Silas House
18 Moore Street
Sheffield
S3 7UW
Tel: 0114 2703700
Fax: 0114 2703701
Email: sheffield@sova.org.uk

SOVA Midlands Area Office
Suites F6 F7 FS
5th Floor
Scala House
36 Holloway Circus
Queenway
Birmingham
B1 1EQ
Tel: 0121 6437400
Fax: 0121 6437454
Email: midland@sova.org.uk

SOVA Wales Office
Ladywell House
Newtown
Powys
SY16 1JB
Tel: 01686 623873
Fax: 01686 623875
Email: wales@sova.org.uk

SSAFA Forces Help

Soldiers, sailors airmen and families help and support.
SSAFA Forces Help

19 Queen Elizabeth Street
London
SE1 2LP
Tel: 0845 1300975
Website: www.ssafa.org.uk

Survivors of Bereavement by suicide

Emotional and practical support: telephone contacts, bereavement packs, group meetings, information.

Volsolve House
14-18 West Bar Green
Sheffield
S2 2DA
Tel: 01142725955
National Helpline: 08702413337 (9am-9pm every day)
Email: Sobs.admin@care4free.net Sobs.support@care4free.net
Website: www.uk-sobs.org.uk

Terrence Higgins Trust

Provides information, advice and support on all matters associated with HIV and AIDS

Central Office:

314-320 Gray's Inn Road
London
WC1X 8DP
Tel: 0845 1221200 (for an adviser)
Tel: 020 78121600 (for switchboard)
Fax: 020 78121601
Email: info@tht.org.uk
Open Mon-Fri: 9.30am-5.30pm

East offices:

First Floor
4-6 Broadway
Bedford
MK40 2TE
Tel: 01234 761090
Email: info@tht.org.uk
or
Biggleswade Health Centre
Saffron Road
Biggleswade
Bedfordshire

MK45 1DZ

Tel: 01234 761090

Email: info@tht.org.uk

or

The Old Customs House

Hythe Quay

Colchester

CO2 8JB

Tel: 01206 798595

Fax: 01206 792934

Email: info.colchester@tht.org.uk

or

Suite 33

Friars House

6-10 Parkway

Chelmsford

Essex

CM2 0NF

Tel: 01245 356863

Mob: 079176636430

Fax: 01245 356833

Email: info.chelmsford@tht.org.uk

or

Dunstable Health Centre

Priory Gardens

Dunstable

Bedfordshire

LU6 3SU

Tel: 01234 761090

Email: info@tht.org.uk

or

27A London Road

Peterborough

PE2 8AN

Tel: 01733 311555

Email: info.peterborough@tht.org

or

20 Weston Road

Southend-on-Sea

Essex

SS1 1AS

Tel: 01733 311555

Website: infosouthend@tht.org.uk

North Offices:

5 Bridge Street
Birkinhead
Wirral
CH41 1AS
Tel: 0151 6669890
Fax: 0151 6669899
Email: info.wirral@ttht.org.uk

or

7 Nether Hall Road
Doncaster
Yorkshire
DN1 2PH
Tel: 01302 730400
Fax: 01302 730393
Email: indo.doncaster@ttht.org.uk

or

Oxford Chambers
Oxford Place
Leeds
LS1 3AX
Tel: 0113 2469272
Email: info.leeds@ttht.org.uk

or

Cowley Hill Lane
St Helens
Merseyside
WA10 2AP
Tel: 0174 4457389
Fax: 0174 4453085
Email: info.sthelens@ttht.org.uk

or

Unit 1
Kinsley & Fitzwilliam Community Resource Centre
Wakefield Road
Kinsley
Pontefract
WF9 5BP
Tel: 01977 614120
Fax: 01977 610174
Email: info.wakefield@ttht.org

South West Offices:

Aled Richard Centre

8-10 West Street
Old Market
Bristol
BS2 0BH
Tel: 0117 9551000
Fax: 0117 9541200
Email: info.bristol@ttht.org.uk

or

3 Pitt Street
Gloucester
Gloucestershire
GL1 2BH
Tel: 01452 223060
Email: info.gloucestershire@ttht.org.uk

or

Shaftbury Centre
Percy Street
Swindon
Wiltshire
SN2 2AZ
Tel: 01793 554825
Email: info.swindon@ttht.org.uk

Midland Offices:

29-31 Lower Essex Street
Birmingham
B5 6SN
Tel: 0121 6946440
Fax: 0121 6946441
Email: info.birmingham@ttht.org.uk

Or

10 Manor Road
Coventry
CV1 2LH
Tel: 0247 6229292
Fax: 0247 6334248
Email: info.coventry@ttht.org.uk

or

23 Barker Gate
Nottingham
NG1 1JU
Tel: 0115 8821021
Email: info.nottingham@ttht.org.uk

or

Victoria House
290-292 High Street
West Bromwich
B70 8EN
Tel: 0121 2700755
Email: info.sandweel@tth.org.uk

or

4 Park Street
Wellington
Telford
Shropshire
TF1 3AE
Tel: 0195 2221410
Email: info.shropshire@tth.org.uk

or

242-244 Bond House
Bond Street
Wolverhampton
WV2 4AS
Tel: 0190 2711818
Email: info.wolverhampton@tth.org.uk

South East Offices:

61 Ship Lane
Brighton
BN1 1AE
Tel: 01273 764200
Fax: 01273 764201
Email: info.brighton@tth.org.uk

or

Rooms 9-14 Dyke House
110 South Street
Eastbourne
BN21 4LZ
Tel: 01323 439340
Fax: 01323 439340
Email: info.eastbourne@tth.org.uk

Or

43 Pembroke Street
Oxford
OX1 1BP
Tel: 01865 243389
Fax: 01965 792210
Email: info.oxford@tth.org.uk

or

5 Chapel Street
Woking
Surrey
GU21 6BG
Tel: 01483 263160
Fax: 01483 263170
Email: info.woking@ttht.org.uk

Scotland Offices:

246 George Street
Aberdeen
AB25 1HN
Tel: 0845 2412151
Fax: 0845 2412152
Email: info.aberdeen@ttht.org.uk

or

134 Douglas Street
Glasgow
G2 4HF
Tel: 0141 3323755
Fax: 0141 3323755
Email: info.glasgow@ttht.org.uk

Wales offices:

Canton House
435-451 Cowbridge Road East
Canton
Cardiff
CF5 1JH
Tel: 029 20666465
Fax: 029 20666465
Email: info.cymru@ttht.org.uk

or

YMCA
1 The Kingways
Swansea
West Glamorgan
SA1 5JQ
Tel: 01792 477540
Fax: 01792 477540
Email: info.cymru@ttht.org.uk

Triumph Over Phobia

TOP is a self-help group for sufferers of Phobias and Obsessive Compulsive Disorder using a structured programme of self-exposure to overcome fears and panic. Contact the office for a local group.

Trilby Breckman

PO Box 3760

Bath

BA2 3WY

Tel: 08456009601

Email: info@topuk.org

Website: www.topuk.org

Open: Any-time

The Muslim Women's Helpline

Helpline for Muslim women in crisis, or are at risk/experiencing domestic violence.

Tel: 0181 9048193

or

Tel: 0181 9086715

The Pink Practice

A counselling and psychotherapy practice for lesbian, gay, bisexual and transgender people in Leeds and London.

Tel: 01203 228952

Lines open: Mon-Thu: 9am-7pm

UK Advocacy Network

Volsolve House

14-18 West Bar Green

Sheffield

S1 2DA

Email: office@u-kan.co.uk

Website: www.u-kan.co.uk

UK Insolvency Helpline

Free and confidential advice on finance and debts.

Tel: 0800 0746918

Open: Mon-Sat: 9am-9pm & Sun: 9.30am-1pm & 24 hr answerphone

Victim Supportline

Provides information and support to victims of all reported and unreported crime, including sexual crimes, racial harassment and domestic violence

Tel: 0845 3030900

Open: Mon-Fri: 9am-9pm; Sat-Sun: 9am-7pm & bank holidays: 9am-5pm

Victim Support's Male Helpline

Provides information and support to male victims of all reported and unreported crime, including sexual crimes, racial harassment and domestic violence

Tel: 0800 3283623

Open: Mon-Fri: 12pm-2pm

Wales Domestic Abuse Helpline

Support and information service for women, children and men in Wales who are experiencing or someone who have experienced abuse at the hands of someone close to them.

PO Box 82

Caernarfon

North Wales

LL54 6ZH

Tel: 0808 8010800

Welsh and English spoken, access to interpreters for other languages, operates BT Talk Type Service.

WISH (formerly Women In Secure Hospitals)

Provides long term gender-sensitive support and services to women with needs in their journey through prison and secure hospitals.

Head Office

77 East Road

London

N1 6AH

Tel: 020 70172828

Fax: 020 70172826

Email: info@womenatwish.org.uk

Wish North and Midlands Office

Space Solutions Business Centre

39 Sefton Lane Industrial Lane

Maghull

Merseyside

L31 8BX
Tel: 0151 2851888
Fax: 0151 2851889
Email: liverpool@womenatwish.org.uk
Website: www.womenatwish.org.uk

Women's Aid National Domestic Violence Helpline

Advice and telephone support provided by highly trained staff and volunteers backed up by a wide range of leaflets and other resources.

Tel: 0345 023468
Open: Mon-Fri: 10am-5pm and weekends
www.womensaid.org.uk

Women In Prison

Visits women prisoners and offers practical help and advice on a range of welfare issues. It runs the Holloway Remand Scheme, which aims to divert women from crime and custody by developing community based programmes combined with practical support. WIP also has an Education and Training Connection which provides bursaries for distance learning courses and connects prisoners to education and training resources in their home areas.

FREEPOST RSLB-UABE-TYRT
Unit 10
The Ivories
6 Northampton Street
London
N1 2HY
Tel: 020 73596674
Website: www.womeninprison.org.uk
Open: 10am-5pm

Women's Refuge

Tel: 0845 7023468

Women With Learning Disabilities

Tel: 0181 5220675

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people and empowering their

parents and carers.
Young Minds
48-50 St John Street
London
EC1M 6DG