

18/08/2017

MENTAL HEALTH SERVICES

TRIPOD

Provides purposeful training and employment opportunities for people suffering from long-term mental illness

Email: tripodorchard@aol.com

Telephone: 01527 488706

SHAW TRUST

Shaw Trust is a national charity which supports disabled and disadvantaged people to prepare for work, find jobs and live more independently.

Website: www.shaw-trust.org.uk

Telephone: 0345 234 9675

MIND

Website: www.mind.org.uk

Information line: 0300 123 3393

SANE

SANE works closely with other mental health charities and external organisations and is an active member of the Mental Health Alliance.

Website: www.sane.org.uk

Sane Line: 0300 304 7000

THE ASSOCIATION FOR POST-NATAL ILLNESS

Website: www.apni.org

Telephone: 0207 386 0868

SELF INJURY SUPPORT

Self injury Support (formerly Bristol Crisis Service for Women) is a charity. We were set up in 1986, to support women in emotional distress. They particularly help women who harm themselves (often called self-injury).

Website: www.selfinjurysupport.org.uk

Helpline: 0808 800 8088

DEPRESSION UK

“Depression UK” (D-UK), “**Formerly the Fellowship of Depressives Anonymous**” is a national self help organisation that has operated within the United Kingdom ever since it was founded in 1973. It was first registered as a charity in 1979. They wish to help anyone who is troubled by depression.

This illness does not discriminate against a person because of their age, race, creed, colour, culture, physical or mental disability, sexual orientation, or economic and social status – and neither do they!!

Website: www.depressionuk.org

RICHMOND FELLOWSHIP

A charity and housing association. Providing care and rehabilitation to enable people with mental health, learning disabilities, addictions and other problems to live in the community.

Website: www.richmondfellowship.org.uk

Telephone: 0207 6973300

BIPOLAR UK (is the working name of MDF The Bipolar Organisation)

Bipolar UK is the national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers.

Website: www.mdf.org.uk

Support line: 0333 323 3880

in WFDC Green Street Depot
Green Street
Kidderminster
DY10 1HA

Helpline & Appointments: 0845 200 1072
Business / Office Line: 01562 60241
Fax: 01562 229083
Email: info@nwdial.org.uk
Website: www.nwdial.org.uk
Website: www.dialinworcestershireshire.org.uk



SEASONAL AFFECTIVE DISORDER ASSOCIATION (SAD)

SAD is a voluntary organisation and registered charity which informs the public and health professionals about SAD and supports and advises sufferers. It produces three newsletters a year and has a network of contacts.

Website: www.sada.org.uk

ANXIETY UK (formerly national phobics society)

Helpline: 08444 775 774

Our primary aim is to promote the relief and rehabilitation of persons suffering with anxiety disorders through information and provision of self-help services. We also strive to advance awareness of the general public in the causes and conditions of anxiety disorders and associated phobias.

Website: www.anxietyuk.org.uk

RETHINK MENTAL ILLNESS

Information: 0300 5000 927

Rethink Mental Illness is a national charity for everyone affected by mental illness, their families, carers and friends. We challenge attitudes, we change the law, we change lives. We have groups, services and members across England. What we offer is a little bit different. Read on to find out how.

Website: www.rethink.org

TOGETHER: WORKING FOR WELLBEING

Telephone: 020 7780 7300

Since Together was formed in 1879, we have believed that people with mental health issues have the right and the abilities to lead independent, fulfilling lives as part of their communities.

Website: www.together-uk.org

MENTAL HEALTH FOUNDATION

Telephone: 020 7803 1100

The Mental Health Foundation exists to help people survive, recover from and prevent mental health problems.

Website: www.mentalhealth.org.uk

YOUNG MINDS

Young Minds campaigns about the importance of children's mental health; the importance of recognising when a child is troubled and providing adequate support for these children before their problems escalate out of control.

Website: www.youngminds.org.uk

YOUNG MINDS PARENTS INFORMATION SERVICE

Parents' helpline: 0808 802 5544

Monday and Friday 9.30am to 4.00pm

Website: www.youngminds.org.uk/parents

We cannot be held responsible for the level of service provided by the organisations included in this publication.
All details correct at time of publication, if you find that this info is inaccurate please call us.

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