



Suicide Awareness Training

Sources of information and support



Foreword

Rural Action Derbyshire have compiled this booklet as a useful resource for delegates to refer to after attending the Suicide Awareness Training seminar. The information listed is not exhaustive, but rather it is intended to be a useful starting point as you begin to signpost others or inform yourself about a particular issue that is relevant in your work or everyday life. We aim to update this booklet as we become aware of changes, but we cannot guarantee that all the information is correct.

For more information on available services, we recommend that you contact the Voluntary Sector Single Point of Access (vSPA) through your local CVS office. For a comprehensive list of over 3000 community groups providing a range of services across Derbyshire, visit Community Directory Derbyshire at www.communitydirectoryderbyshire.org.uk

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For help with depression and mental wellbeing

Derbyshire Mind www.derbyshiremind.org.uk

Derbyshire Mind is a local mental health association, affiliated to National Mind. It provides advice, information and advocacy.

Call: 01332 345966 Email: enquiries@derbyshiremind.org.uk

Samaritans www.samaritans.org

Talk to the Samaritans any time you like, in your own way, and off the record. You don't have to be suicidal. Call free of charge from any landline, mobile or pay phone in the UK and the Republic of Ireland.

Call: 116 123

- **Chesterfield Samaritans** : 121 Saltergate, Chesterfield, Derbyshire, S40 1NH Call: 01246 270000 Email: jo@samaritans.org
- **Samaritans of Derby and District**: 110 Burton Road, Derby, Derbyshire, DE1 1TG Call: 01332 36 44 44 (calls made to this number may not be free of charge - please check your call plan for details.)

Talking Mental Health Derbyshire

www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire-home/

Talking Mental Health Derbyshire offers a range of therapies for people experiencing common psychological difficulties, such as those feeling anxious, low, or depressed. This service is provided by Derbyshire NHS Healthcare Foundation Trust.

Call: 0300 123 0542 Email: dhcft.talking@nhs.net

Association for Postnatal Illness www.apni.org

The leading organisation in its field, providing support to mothers suffering from post-natal illness, and working to increase public awareness of the illness and to encourage research into its cause and nature.

Call: 0207 386 0868 Monday to Friday from 10am to 2pm

Rethink Mental Illness www.rethink.org

Rethink Mental Illness has a number of helpline and advice services, which offer practical and emotional support and signposting to those experiencing severe mental illness, their carers and relatives.

Advice Team: 0300 5000 927 Monday to Friday 9.30am – 4.00pm

Derbyshire Support Group: 07478 064000

Email: derbyshiresupportgroup@rethink.org

Derbyshire Disability Coalition for Inclusive Living (DCIL) www.dcil.org.uk

- **Ripley Depression and Anxiety Support Group**

The group is not restricted to residents of Amber Valley, they welcome people from anywhere in the county. Call: 01773 740246

Email: info@dcil.org.uk

- **Disabled People's Peer Counselling Service**

www.dcil.org.uk/services/counselling/

We are a BACP Accredited, confidential counselling service for disabled people and their families throughout Derbyshire. With your permission a GP/Social Worker/Support Worker can also refer you.

Call: 01773 740246 Email: counsell@dcil.org.uk

Depression Alliance www.depressionalliance.org

Depression Alliance bring people together to end the loneliness and isolation of depression. They also campaign to end the stigma of depression and to raise awareness of what it means to live with it.

Mental Health & Wellbeing Support at Derby Women's Centre

www.derby-womenscentre.org.uk

Providing mental health support to women in Derby and Derbyshire is a key priority. Call: 01332 341633 Tuesday to Thursday 10am–3pm

Email: elainer@derbywomenscentre.co.uk

Saneline www.sane.org.uk

SANE offers emotional support and information to anyone affected by mental health problems through helpline and email services and an online Support Forum where people share their feelings and experiences.

Call: 0300 304 7000 from 4.30pm - 11pm every evening.

Insight Talking Therapies www.insighthealthcare.org

Insight Healthcare is a not-for-profit organisation providing free NHS talking therapy services across the UK. They also provide a range of employee wellbeing programmes to private, public, and third sector clients. Insight Healthcare is part of Concern Group.

Call: 0300 555 5582 Email: east.midlands@insighthealthcare.org and wellbeingatwork@insighthealthcare.org

Derbyshire Federation for Mental Health www.dfmh.co.uk/

The federation aims to improve mental health and promote independence for service users in Derbyshire through a wide range of client-centred initiatives.

Call: 01629 733915 Email: mainoffice@dfmh.co.uk

Derbyshire Carers www.derbyshirecarers.co.uk

Derbyshire Carers Association provides support, advice, information and representation to and for Carers. DCA will work to ensure that all Carers, regardless of age, gender, religion, culture or relationship to the person they care for, should have the same rights, hopes, expectations and choices as people who are not Carers.

Call: 01773 833833 Email: info@derbyshirecarers.co.uk

I-Decide Derbyshire www.p3charity.org/services/i-decide-derbyshire

I-Decide Derbyshire (formerly Amber Trust) provide accommodation and tenancy-based support for people in Derbyshire aged 16+ experiencing mental health issues. For those with existing accommodation, they can offer support to remain living within their own homes. This service is

commissioned by Derbyshire County Council's adult care services.
Call: 01773 742051 or email jane.derbyshire@p3charity.org

Derby City and South Derbyshire Mental Health Carers Forum

www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com

A monthly self-help group of people who care or have cared for a relative, friend or a neighbour suffering from any form of mental health illness.

Covers Derby City, Amber Valley, Erewash and South Derbyshire. **Call:**

Vivien Walters: 07921 162740, Sandra Austin: 07779 107087 Email:

dcandsderbysmhcf@gmail.com

Support for substance misuse

Derbyshire Alcohol Advice Service www.alcohol-advice.co.uk

The single point of contact for drug and alcohol support throughout Derbyshire. A local service provider, committed to improving the lives of local people, who are affected by alcohol misuse. This includes providing a safe and friendly environment to access confidential support and advice. They are a source of information for anybody affected by alcohol. Call: 0845 3084010 or 01246 206514

Addaction www.addaction.org.uk

Addaction is the UK's leading drug and alcohol charity. Addaction delivers 3 tier support to dependent alcohol users. For Derbyshire residents this is through the single point of contact at Derbyshire Alcohol Advice Service, see details above.

Derbyshire Recovery Partnership www.derbyshirerecoverypartnership.co.uk

The Derbyshire Recovery Partnership (DRP) can offer you, or someone you know, help and support to either stop or gain control of the use of alcohol or drugs. The service is confidential, free to use and above all tailored to your needs. Call: 0845 308 4010 or 01246 206514 Email:

info@derbyshirerecoverypartnership.co.uk

Change Grow Live www.changegrowlive.org

Derbyshire CGL is a free and confidential drug and alcohol outreach service for young people up to the age of 19. They support young people who are using drugs or alcohol, feel they have a problem and want some help. Offering non-judgemental advice, they can help young people make the changes they want to make.

Call: 01773 303646 Email: derbyshire@cgl.org.uk.

Alcoholics Anonymous – Nottinghamshire, Leicestershire and Derbyshire

www.nld-aa.org.uk

AA is a group where people can share their experience, to help themselves and others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Meetings are held in across Derbyshire.

Call: 0115 941 7100 8am - midnight, or contact AA through their website.

Women's Work (Derbyshire) www.womens-work.org.uk

Working with vulnerable women and their families to offer confidential support, advice and counselling services, targeting those affected by substance misuse issues.

Call: 01332 242525 Email: info@womens-work.org.uk

Adfam www.adfam.org.uk

Adfam is a national organisation which strives to ensure that family members who face problems with drugs or alcohol have access to a range of specialised services.

Call: 020 3817 9410 (this is not a helpline) Email: admin@adfam.org.uk

Breakout Young Peoples Substance Misuse Service

www.derbyshirehealthcareft.nhs.uk/breakout/

Offers a confidential service to young people including one-to-one support, detox programmes and advice on coping mechanisms. There is also advice and support for parents, carers and schools.

Call: 01332 641661

Financial crisis – support and advice

Financial Action and Advice Derbyshire (FAAD) www.faaderbyshire.org.uk
Financial Action and Advice Derbyshire is a partnership of more than 55 agencies who have joined together to tackle the problem of financial exclusion. Visit the website for more information, details of training offered by FAAD and signposting to partner agencies and services.

Foodbanks

Food banks provide a minimum of three days' emergency food and support to people experiencing crisis. To receive a food parcel, residents need to be referred to a food bank from children's centres, GPs, schools, the probation service, Derbyshire police or a range of other advice agencies. Find your local food bank by visiting the FAAD website www.faaderbyshire.org.uk or by calling the Trussell Trust on 01722 580 180

Credit Unions

Credit Unions are financial cooperatives owned and controlled by the members. They are *not for private profit*, and provide credit at reasonable rates, and other financial services for their members. Every credit union has various community outreach points across the area:

- High Peak – Manchester Credit Union Tel: 0161 231 5222
www.manchestercreditunion.co.uk
- Chesterfield and NE Derbyshire Credit Union Tel: 01246 278833
www.cnedcu.co.uk
- Bolsover – 2 Shires Credit Union Tel: 01909 500575
www.2shires.org.uk
- Erewash and Amber Valley – Derbyshire Community Bank Tel: 01332 348144 www.dcbank.org.uk
- South Derbyshire – Money Spider Credit Union Tel: 07950 391218
www.moneyspidercu.org.uk

Citizens Advice Bureau www.ddcab.org.uk

Derbyshire Districts Citizens Advice Bureau provides free, independent, confidential and impartial advice to all residents of Amber Valley, Derbyshire Dales, Erewash and High Peak on a broad range of issues including: benefits, consumer rights, debt, discrimination, education, employment, family and personal, housing, immigration and nationality, legal problems and utilities. CAB offices are based in Belper, Buxton, Glossop, Heanor, Ilkeston, Matlock and New Mills. Call the Adviceline on 0300 456 8390. CAB also have outreach advisers working from a variety of locations including GP Surgeries and Children's Centres.

Derbyshire Law Centre www.derbyshirelawcentre.org.uk

The Law Centre aims to achieve equal access to justice for all sections of the community, and particularly those of limited means, by providing legal services in social welfare law in the Derbyshire area. The Law Centre recognises the emotional and financial difficulties that clients experience when trying to pay their debts. For free legal advice, contact the Law Centre on 0800 707 6990.

Self-harm

Harmless www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self-harm and suicide prevention including support, information, training and consultancy to people who self-harm, their friends and families and professionals and those at risk of suicide. Contact Harmless through their website or email info@harmless.org.uk

LifeSIGNS (Self-Injury Guidance & Network Support) www.lifesigns.org.uk

LifeSIGNS is an online, user-led voluntary organisation, to create understanding about self-injury and provide information and support to people of all ages affected by it. For more information visit their website.

Self Injury Support www.selfinjurysupport.org.uk

Self Injury Support is a national organisation that supports girls and women affected by self-injury or self-harm. UK-wide and open to women of all ages. Call: 0808 800 8088 Text - Message 07537 432444

National Self Harm Network www.nshn.co.uk

The NSHN Forum is a support site, a safe environment to help individuals who self harm to reduce their emotional distress and improve their quality of life. They also support and provide information for family and carers of individuals who self harm. The NSHN seeks to raise awareness of the needs of people who self harm, dispel myths and combat discrimination.

Heads above the Waves www.hatw.co.uk

Heads Above The Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people. They promote positive, creative ways of dealing with the bad days offering a range of information and experiential advice. They also deliver workshops, training sessions, and assemblies.

Support for Young People

Space@Connexions work with young people who have left school but are under 19 years old, to help them find employment, education or training. They also work with young people aged 19 to 25 and for whom an Education, Health and Care (EHC) plan is maintained. They offer advice and information on a range of issues including sexual health, benefits, housing and homelessness, education and training.

Call: 01332 643900 or email ask.for.advice@derby.gov.uk

Buxton for Youth – 01298 78643

Swadlincote Youth Information Shop (contraception and sexual health) –
01629 533587/01629 533586

Derbyshire Youthinc www.derbyshireyouthinc.com Email:
youthinc@derbyshire.gov.uk

Safe Speak www.safespeak.org.uk

Derbyshire Counselling service for young people aged 5-18 year olds. Run by Relate Derby Southern Derbyshire, contact the main office to find out about your nearest service.

Call: 01332 349301 Email: info@safespeak.org.uk

Disability Derbyshire www.dcil.org.uk

Peer Counselling Service for disabled people in Derbyshire.

Childline www.childline.org.uk

A free confidential helpline for children and young people where you can talk about anything including bullying, health, exams and families, 24 hours a day. Call: 0800 1111

Derbyshire LGBT+ www.derbyshirelgbt.org.uk

Derbyshire LGBT+ support anyone who is Lesbian, Gay, Bisexual & Transgender or anyone who is having issues with their sexual identity or gender identity, including family & friends.

Call: 01332 207704 Email: info@derbyshirelgbt.org.uk

Mencap: advice and support on bullying

www.mencap.org.uk/advice-and-support/bullying

Anti-bullying advice and support for young people with a learning disability.

Call the helpline: 0808 808 111

Bullying UK www.bullying.co.uk

Part of the Family Lives Charity. Offering support and advice on a wide range of topics including bullying. Call the helpline: 0808 800 2222

Email: askus@familylives.org.uk

Change Grow Live www.changegrowlive.org

Derbyshire CGL is a free and confidential drug and alcohol outreach service for young people up to the age of 19. They support young people who are using drugs or alcohol, feel they have a problem and want some help. Offering non-judgemental advice, they can help young people make the changes they want to make.

Call: 01773 303646 Email: derbyshire@cgl.org.uk.

Papyrus www.papyrus-uk.org

The work Papyrus does centres around three key principles: Support, Equip and Influence. PYPYRUS run a specialist helpline service providing support for young people and anyone who is concerned that a young person may be at risk of harming themselves.

Call HOPElineUK: 0800 068 4141 Text: 07786209697

Email: pat@papyrus-uk.org

The Mix - Essential support for under 25s www.themix.org.uk

The Mix is the UK's leading support service for young people. They help young people take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. They can be contacted online, via social media or on the free, confidential helpline.

Call free: 0808 808 4994

Heads above the Waves www.hatw.co.uk

Heads above the Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people. They promote positive, creative ways of dealing with the bad days offering a range of information and experiential advice. They also deliver workshops, training sessions, and assemblies. Online contact form.

Kooth kooth.com

Free, safe and anonymous online support for young people. Accessible through mobile, tablet and desktop and free at the point of use. Supported by the NHS, the Big Lottery Fund and British Association for Counselling and Psychotherapy.

Students against depression www.studentsagainstdepression.org

The Students Against Depression story starts with the sad loss of two bright young men to suicide. Their families invested in this project to reach out to other people suffering the effects of depression and suicidal thinking. Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically-validated information and resources it presents the experiences, strategies and advice of students themselves.

LGBT community support

Stonewall www.stonewall.org.uk

Stonewall exist to let all lesbian, gay, bi and trans people, in the UK and abroad, know they're not alone. Their website offers a range of information and advice, as well as links to educational and community resources.

Call: 08000 50 20 20 Email: info@stonewall.org.uk

Derbyshire LGBT+ Transcend and Sofa www.derbyshirelgbt.org.uk

Derbyshire LGBT+ support anyone who is Lesbian, Gay, Bisexual & Transgender or anyone who is having issues with their sexual identity or gender identity, including family and friends. They offer two social support groups: Transcend is a monthly friendly social support group for people who identify their gender in many different ways. Sofa is a social support group for significant others, friends, family and allies of Trans people.

Call: 01332 207704 Email: info@derbyshirelgbt.org.uk

LGBT Network

The Lesbian, Gay, Bisexual and Transgender (LGBT) Network was set up in 2006 to support Derbyshire County Council LGBT employees. The LGBT+ Network exists to raise the profile of LGBT+ people within the workforce, to support the council to improve its policies and services so that they are more LGBT-friendly, and to help raise awareness of homophobia, biphobia and transphobia, as well as advancing equality of opportunity for LGBT+ people across Derbyshire.

Email: lgbtnetwork@derbyshire.gov.uk for further information.

Derbyshire Law Centre www.derbyshirelawcentre.org.uk

Derbyshire Law Centre has over 30 years' experience in discrimination law. They offer specialist advice in to individuals who believe they have experienced discrimination, victimisation or harassment on the grounds of protected characteristics. Examples of protected characteristics are: Age, Disability, Pregnancy and Maternity, Race, Religion of Belief, Sex and Sexual Orientation.

Call: 0800 707 6990 or 01246 550674

Farming crisis and rural living

Rural Action Derbyshire www.ruralactionderbyshire.org.uk

RAD aims to improve the life of those living and working in Derbyshire through a range of initiatives including Wheels to Work, Community Oil Buying Scheme, Financial Action and Advice Derbyshire, the Agricultural Chaplaincy and Suicide Awareness Training.

Agricultural Chaplaincy – Rural Action Derbyshire

www.ruralactionderbyshire.org.uk/agricultural-chaplain-service

The Derbyshire Agricultural Chaplaincy offers free and confidential help to farming families facing difficult situations such as animal disease, family problems, mental ill-health and the demands of farming processes. This can be a one-off phone call or on-going pastoral care.

Confidential Helpline: 01629 828460 Alan Griggs: 01629 592970/07710 088972 Email: a.griggs@ruralactionderbyshire.org.uk

Agricultural Chaplain to Young Farmers – Rural Action Derbyshire

www.ruralactionderbyshire.org.uk/chaplain-to-young-farmers

The service offers pastoral and practical support to young farmers and their families, identifying and engaging with the issues that are affecting them. Part of the Derbyshire Agricultural Chaplaincy listed above.

Call Emily Brailsford: 07594 088 858

e.brailsford@ruralactionderbyshire.org.uk

Twitter @EmilyBrailsford Instagram DerbysYFChaplain

Farming Help www.farminghelp.co.uk

Confidential help for all in the farming community. The Farming Help charities include the Addington Fund, The Farming Network Community (FCN) and the Royal Agricultural Benevolent Institution (RABI) Call the FCN in the first instance for signposting to the appropriate support:

Call the helpline: 03000 111 999 e-helpline: chris@fcn.org.uk

The Farming Community Network

The Farming Community Network (FCN) is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times. They are a network of over 400 volunteers, many of who are involved in farming or have close links with agriculture, across England and Wales. The FCN provides free confidential pastoral and practical support to anyone who seeks help, regardless of whether the issue is personal or business-related.

Call the helpline: 03000 111 999 e-helpline: chris@fcn.org.uk

Addington Fund (Rural Housing Scheme) www.addingtonfund.org.uk

The Addington Fund provide homes for farming families living in England and Wales who have to leave the industry, through no fault of their own, and by doing so will lose their home. In times of emergency and

where hardship prevails they may be able to assist with a grant towards certain business costs. Call: 01926 620135

Royal Agricultural Benevolent Institution (R.A.B.I.) www.rabi.org.uk

The Royal Agricultural Benevolent Institution is a welfare charity supporting farming people of all ages if they are in financial difficulty and of limited means. They treat every application for support on its own merits, working with compassion and discretion. Freephone Helpline: 0808 281 9490
general enquiries: 01865 724 931 Email: info@rabi.org.uk

National Farmers Union (N.F.U.) www.nfuonline.com

The NFU champions British farming and provides professional representation and services to its Farmer and Grower members.

The Farming Life Centre www.thefarminglifecentre.org.uk

The Farming Life Centre develops and hosts a range of health, social and economic activities which promote the well-being of Peak District farmers and rural communities, and celebrate farming past, present and future.

Tel: 01629 810903 info@thefarminglifecentre.org.uk

Rural Health Coordinator rachelmetcalfe@thefarminglifecentre.org.uk

Bereavement support

Belper Cottage Project

Belper Cottage Project provides bereavement support on the first and third Thursday (10.00-12.00pm) in the month. For more information call: 01773 880364. They also operate a Child Contact Centre (Contact John Walker on 01773 826025).

The Compassionate Friend www.tcf.org.uk

TCF is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of others who have suffered the death of a child/children. They offer support both directly to bereaved families and indirectly by fostering understanding and good

practice amongst professionals concerned with child death and by increasing public awareness.

Call: 0345 120 3785 (9.30 - 4.30 Mon to Fri) or Email: info@tcf.org.uk

Support groups operate in Buxton, Chesterfield and Dronfield. Contact the helpline for details.

Cruse Bereavement Care www.cruse.org.uk

Cruse Bereavement Care provides support after the death of someone close. Call Cruse on 0808 808 1677 (costs apply), or contact your local office; Burton: 01283 533362, Chesterfield: 01246 550080, Derby: 01332 332098 Email derbyshire@cruse.org.uk

The Laura Centre www.thelauracentrederby.org.uk

The Laura Centre Derby offers confidential bereavement counselling and support for families who have lost a child. They have a team of professional counsellors. The Centre is manned by volunteers during counselling hours and has a 24 hour phone line for queries and referrals.

Call: 01332 408026 Email: info@thelauracentrederby.org.uk

Treetops Hospice

Treetops Hospice Care provides nursing care and emotional support for anyone affected by a life-limiting illness in Derby, Derbyshire, Nottingham and Nottinghamshire.

Call: 0115 949 1264 info@treetopshospice.org.uk

Help for those bereaved by suicide

The National Suicide Prevention Alliance

An alliance of public, private, voluntary and community organisations in England who care about suicide prevention and are willing to take action to reduce suicide and support those affected by suicide. Established in 2013, evolving out of the 2012 Call to Action for Suicide Prevention in England.

Their work complements the Government's strategy 'Preventing Suicide in England' and the Department of Health is one of the alliance members.

The NSPA operates by

- Delivering commitment & influence
- Mobilising action
- Building an active network
- Sharing best practice
- Raising awareness & building knowledge
- Improving support

Visit their website for a directory of support services and to access downloadable resources.

Support After Suicide Partnership www.supportaftersuicide.org.uk

This is a network of organisations, under the umbrella of the National Suicide Prevention Alliance, that support those bereaved or affected by suicide. Part of the National Suicide Prevention Alliance, the 20 plus members, organizations and individuals, seek to ensure all those bereaved or affected by suicide are offered and receive timely and appropriate support. They also work to reduce the incidence of suicide or attempted suicide in those who have been bereaved by suicide. Visit the website for more information about the partner organisations and to download copies of support guides.

Survivors of Bereavement by Suicide (SOBS) www.uk-sobs.org.uk

SOBS provide dedicated support to adults who have been bereaved by suicide. They have around 150 volunteers across the UK who help to run their services. Their volunteers come from all walks of life but nearly all have been touched by suicide themselves. There is a local support group based in Ilkeston, Derbyshire.

Helpline: 0115 944 1117 (Every day 9am to 9pm) Email: admin@uksobs.org

National organisations and sources of support

Age UK Derby & Derbyshire www.ageuk.org.uk/derbyandderbyshire

Age UK provide services and support at a national and local level to inspire, enable and support older people. Age UK Derby & Derbyshire advice hotline: 01773 768240 Email: administration@ageukdd.org.uk

Big White Wall www.bigwhitewall.com

An online platform offering a safe and anonymous route to mental health support and recovery for people who are stressed, anxious, low or not coping. At the heart of Big White Wall is its community of members who support and help each other online, 24/7, with the guidance of trained professionals. Big White Wall services range from an anonymous peer community and CBT courses to condition tracking and 1:1 therapy. In 2013 BWW was registered with the Care Quality Commission (CQC) and endorsed by NHS Choices.

Blurt Foundation www.blurtitout.org

Blurt exists to make a difference to anyone affected by depression. They raise awareness, provide tools and knowledge to aid recovery and challenge the stigma that prevents people reaching out for help. Blurt works closely with medical practitioners, employers, schools and companies to help them support those affected by depression. Email: info@blurtitout.org

Campaign Against Living Miserably (CALM) www.thecalmzone.net

The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK. In 2015, 75% of all UK suicides were male.

Helpline: 0800 585858 5pm – midnight Webchat available

Counselling Directory www.counselling-directory.org.uk

Connecting you with professional support

Frank www.talktofrank.com

Free confidential drugs information and advice.

Tel: 0300 123 6000 Text: 82111 Email: frank@talktofrank.com

Grassroots Suicide Prevention www.prevent-suicide.org.uk

Grassroots is an award-winning charity and UK leader in suicide prevention. They believe that suicide can be prevented through open and direct conversations. They provide people with the skills and confidence needed to save lives through our training, innovation, and thought-provoking campaigns.

Maytree www.maytree.org.uk

Maytree provides people in the midst of a suicidal crisis with the opportunity for rest and reflection, and to give them the opportunity to stay in a calm, safe and relaxed environment. They can support four "guests" at a time. Call: 020 7263 7070 Email: maytree@maytree.org.uk

Men's Advice Line www.mensadvice.org.uk

The Men's Advice Line is a confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). They help by giving you time to tell your story; offering emotional support; providing practical advice and signposting you to other services for specialist help. Call: 0808 801 0327

Mind www.mind.org.uk

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

National Association for People Abused in Childhood napac.org.uk

NAPAC offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse and neglect.

Call free on 0808 801 0331 from all landlines and mobiles.

National Domestic Violence Helpline

www.nationaldomesticviolencehelpline.org.uk

The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. Call: 0808 2000 247

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

www.nspcc.org.uk

The UK's leading children's charity fighting to end child abuse. If you are concerned about the welfare of a child, call the NSPCC on 0808 800 5000. Children and young people can also call ChildLine on 0800 1111

National Suicide Prevention Alliance <http://www.nspa.org.uk>

An alliance of public, private, voluntary and community organisations in England who care about suicide prevention and are willing to take action to reduce suicide and support those affected by suicide. Being part of the NSPA means being part of a broad and active network of organisations committed to working together to reduce suicide and supporting those affected by suicide.

Red Cross www.redcross.org.uk

For thousands of vulnerable people in the UK and overseas, the Red Cross is a sign of hope in crisis, meeting both immediate and longer term needs. For more information contact the head office:

Call: 0344 871 11 11 Email: contactus@redcross.org

Relate www.relate.org.uk

Relate services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. They also provide friendly and informal workshops for people at important stages in their relationships.

Rethink Mental Illness www.rethink.org

Rethink Mental Illness has a number of helpline and advice services, which offer practical and emotional support and signposting to those experiencing severe mental illness, their carers and relatives.

Advice Team: 0300 5000 927 Monday to Friday 9.30am – 4.00pm

Samaritans www.samaritans.org

Samaritans mission is to alleviate emotional distress and reduce the incidence of suicide feelings and suicidal behaviour. People can contact the Samaritans in a number of ways and on whatever terms they wish.

Call: 116 123

Sane www.sane.org.uk

SANE is a leading UK mental health charity. They work to improve the quality of life for anyone affected by mental illness. Their vision is to raise public awareness; excite research; and bring more effective professional treatment and compassionate care to everyone affected by mental illness.

Saneline: 0300 304 7000 4.30pm – 10.30pm

Stop Hate UK www.stophateuk.org

Stop Hate UK is one of the leading national organisations working to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties. Call: 0800 138 1625

The Alliance of Suicide Prevention Charities tasc-uk.org/

The Alliance of Suicide Prevention Charities (TASC) is an alliance of the leading charities dealing with suicide prevention and mental health issues. The TASC website is an educational and resource hub, they do not provide direct services.

Unlock www.unlock.org.uk

Unlock is an independent award-winning national charity that provides a voice and support for people with convictions who are facing stigma and obstacles because of their criminal record, often long after they have served their sentence.

For advice, call 01634 247350 (Mon-Fri, 10-4) Email advice@unlock.org.uk

Space for your notes and contacts

For more information on the project please contact:

SAT Project Coordinator – Rural Action Derbyshire

Email: sat@ruralactionderbyshire.org.uk

Mobile: 07738 107072