

## **Support Line Organisation Directory**

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*N.B. For most cases, there will also be localised support, so please refer caller to their local authority, or check online to see what local support is available*

## **LGBTQIA+ Organisations**

### **MindOut**

<https://www.mindout.org.uk/>

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people. Their staff, volunteers and board of trustees, are all LGBTQ. 100% of their team have lived experience of mental health needs, or caring responsibilities for a person with lived experience. They can offer advice, information, and advocacy support, Peer Support Groups, Peer Mentoring, Online Support and Counselling.

### **AKT (Formerly known as The Albert Kennedy Trust)**

<https://www.akt.org.uk/>

AKT supports LGBTQ+ young people in the UK experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes.

### **Gendered Intelligence**

<http://genderedintelligence.co.uk/>

Gendered Intelligence's mission is to increase understandings of gender diversity. They work with the trans community and those who impact on trans lives; they particularly specialize in supporting young trans people aged 8-25. GI offer information, wellbeing advice and support for people who are navigating their transition, and offer a confidential, trans-led support line.

### **Imaan London**

<https://imaanlondon.wordpress.com/>

Imaan London is the UK's leading LGBTQ Muslim charity, offering a supportive forum for people who are part of this community

### **London Friend**

<http://londonfriend.org.uk/>

London Friend offers information and support through counselling, online video counselling, social groups, support groups, and information and support around drug and alcohol usage, domestic abuse, sexual health, and support for LGBT refugees and asylum seekers.

### **Pink Therapy**

<http://www.pinktherapy.com/>

Pink Therapy are the largest independent therapy organisation working with gender and sexually diverse clients in the UK. They are committed to offering high quality therapy, and can provide training from qualified and highly experienced therapists, all of whom identify

as holding a gender or sexual minority lived experience. They also host a directory of other qualified therapists across the UK who adopt a sexuality-affirmative stance.

### **Stonewall**

<https://www.stonewall.org.uk/>

Stonewall works to empower LGBT individuals to be their authentic selves and realise and achieve their full potential, and work with institutions and legal professionals to ensure that everyone is able to live and love equally and fairly, without fear of discrimination. They have a directory of services available across the UK, and information and advice available online.

### **Young Stonewall**

<https://www.youngstonewall.org.uk/>

Young Stonewall is an offshoot of Stonewall, created specifically to support young LGBT people in their journey through coming out, and offers health and wellbeing advice and support.

### **LGBT Health**

<https://www.lgbthealth.org.uk/>

LGBT Health offers support, information and activities, as well as an LGBT helpline, for LGBT people in Scotland.

### **Opening Doors London**

<https://www.mentalhealthcamden.co.uk/services/opening-doors-london-let-older-lgbt-people-know-they-are-not-alone>

Opening Doors London (ODL) provides information and support services across the UK to anyone who identifies as lesbian, gay, bisexual and trans and is over 50.

## **BAME mental health organisations**

### **Hopscotch Asian Women's Centre**

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

Hopscotch's mission is to enable Asian women to actively participate in society and make informed decisions that enable them to achieve their aspirations. They have an advocacy service and offer support for Asian women who are experiencing domestic abuse, and support services that improve the mental and emotional health of Asian women. They also provide information, advice and empowerment for women from BAME backgrounds in employment.

### **Southall Black Sisters**

<https://southallblacksisters.org.uk/>

Southall Black Sisters provides information, advice, advocacy, practical help, counselling and support to women and children experiencing domestic and other forms of gender-related violence, particularly women from BAME backgrounds. Their services are aimed at helping all women escape violence and abuse and to this end they address a range of inter related problems. They can advise you in English, Hindi, Punjabi, Gujarati and Urdu and arrange interpretation in Somali and other languages. They mainly support women from West London, although they will take enquiries from across the UK and if necessary refer to relevant local agencies.

### **Chinese Mental Health Association**

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

CMHA provide a diverse range of services with the aim of serving Chinese people who suffer from mental health related issues and problems. They also provide support for their carers whom may not be familiar with all the nuances of traditional Chinese culture. As different people have a variety of needs, their services cater to all ages and socio-economic demographics; this includes young children and teenagers, to adults and older people.

### **The Sharan Project**

<http://sharan.org.uk/>

The Sharan Project, founded in 2008 is a U.K. based charity providing support and advice to vulnerable women, particularly of South Asian origin, who have been or are at risk of being disowned due to abuse or persecution. This could be partially or wholly as a result of Forced Marriage, potential, perceived or real threats and acts of Domestic Abuse, Honour-Based Abuse; Dowry Violence, Sexual identity or indeed other forms of cultural conflict.

## **Sexual Abuse survivors networks (including historical abuse), Rape and Sexual Assault Services**

### **The Survivors Trust**

<http://thesurvivortrust.org/>

The Survivors Trust is the largest umbrella agency for specialist rape and sexual abuse services in Europe, and has 129 member agencies based in the UK and Ireland providing information, advice, support and therapy to over 80,000 individual survivors each year. Their services work with victims and survivors of all ages, male and female, of all forms of sexual violence, sexual abuse and sexual exploitation, including support for partners and family members.

### **NAPAC**

<https://napac.org.uk/>

The National Association for People Abused in Childhood (NAPAC) is the UK's leading national charity offering support to adult survivors of all types of childhood abuse, including physical, sexual and emotional abuse and neglect.

### **Safeline**

<https://www.safeline.org.uk/>

Established in 1994, Safeline is a specialised charity working to prevent sexual abuse and to support those affected in their recovery. This includes working with people whose mental health issues (manifesting for example as self-harming) suggest that they may be vulnerable to abuse.

They provide a comprehensive range of services for people affected by sexual abuse, including counselling, face-to-face, by telephone and online, as well as creative therapies such as art therapy, a National Male Survivors Helpline providing immediate emotional support, information and advice to men and boys affected by sexual abuse or rape in England and Wales, online support (text and email) providing immediate emotional support, information and advice to anyone affected by sexual abuse or rape in England and Wales, Independent Sexual Violence Advisors (ISVAs) providing emotional and practical support for those individuals who choose to report the abuse to the police, training for professionals, parents and anyone affected by sexual abuse to help them protect and support their communities, and prevention projects, one-to-one support and peer mentoring to keep vulnerable young people safe and enable them to fulfil their potential.

### **Survivors UK**

<https://www.survivorsuk.org/>

SurvivorsUK was established as a service for male survivors of both childhood sexual abuse and adult sexual assault/rape, to cater for people not provided for by other services. They

are an inclusive service and welcome anyone who identifies as male, trans, non-binary, has identified as male in the past, or anyone who feels that they are the right fit for them.

### **Rape Crisis**

<https://rapecrisis.org.uk/>

Rape Crisis England and Wales are the national umbrella body for their network of autonomous member Rape Crisis Center's across England and Wales.

They exist to improve services and promote the needs and rights of women and girls who have experienced sexual abuse, rape and all forms of sexual violence. They also work towards the elimination of sexual violence and abuse, raising awareness in the wider community and with government.

### **Jewish Women's Aid**

<https://www.jwa.org.uk/>

JWA provide a specialist support service, known as 'Dina', for Jewish women and girls over the age of 16 who have been a victim of sexual violence including rape, sexual assault and sexual harassment.

### **Revenge Porn Helpline**

<https://revengepornhelpline.org.uk/>

We are a UK helpline supporting adults (those over the age of 18) who are victims of intimate image abuse and who have had their intimate images and videos shared without their consent, or when someone is threatening to do this.

### **Internet Watch Foundation**

<https://www.iwf.org.uk/>

The Internet Watch Foundation is an independent, not for profit organisation working internationally to make the internet safer by removing images of child sexual abuse. This is the place to go to report images that the Revenge Porn Helpline is unable to help with, due to age restrictions.

### **NHS Rape and Sexual Assault Service Finder**

<https://www.nhs.uk/Service-Search/Rape%20and%20sexual%20assault%20referral%20centres/LocationSearch/364>

### **NHS Help Guidelines on Rape and Sexual Assault**

<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

## **SUMs groups (NOT AA/NA/GA etc.)**

### **AddAction**

<https://www.addaction.org.uk/>

AddAction help people change their behaviour to become the very best that they can be. It could be their drug or alcohol use or worries about their mental health – they support people to make lasting change in their lives. They work with adults and young people, in community settings, in prisons, in residential rehab and through outreach.

### **Release**

<https://www.release.org.uk/>

Release is the national centre of expertise on drugs and drugs law. The organisation, founded in 1967, is an independent and registered charity.

They offer free non-judgmental, specialist advice and information to the public and professionals on issues related to drug use and to drug laws. They also have an A-Z Index of drugs with information on individual substances.

### **Alcohol Change UK**

<https://alcoholchange.org.uk/>

Alcohol Change UK is a leading UK alcohol charity, formed from the merger of Alcohol Concern and Alcohol Research UK. They work for a society that is free from the harm caused by alcohol, and offer support and information for people who are dependent on alcohol and their families, friends and loved ones, as well as professionals.

### **DrugWise**

<https://www.drugwise.org.uk/>

DrugWise provides an online search facility for information about drugs specifically and topics that relate to drug usage, including policy information and practice. They offer information about over the counter medication, prescription medication and illicit substances.

### **Adfam**

<https://adfam.org.uk/>

Adfam is the national charity working to improve life for families affected by drugs or alcohol.

### **FRANK**

<https://www.talktofrank.com/>

Talk to Frank provides honest information about drugs, help and advice, and an A-Z encyclopaedia of drugs, with terminology that is pertinent to users.

## **Bereavement support**

### **Cruse**

<https://www.cruse.org.uk/>

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. Cruse offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and a website ([hopeagain.org.uk](http://hopeagain.org.uk)) specifically for children and young people. Their services are provided by a network of 5,000 trained volunteers and are confidential and free.

### **Bereavement UK**

<http://www.bereavement.co.uk/>

Bereavement UK offers online support and information for people who are affected by a bereavement.

### **The Compassionate Friends (TCF)**

<https://www.tcf.org.uk/>

TCF offer support for bereaved families after the death of a child at any age, for any reason.

### **Widowed and Young (WAY)**

<https://www.widowedandyoung.org.uk/>

WAY is the only national charity in the UK for people aged 50 or under when their partner died. It's a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through. WAY aims to provide peer-to-peer emotional and practical support to young widowed people – married or not, with or without children, whatever their sexual orientation – as they adjust to life after the death of their partner.

### **Support After Murder & Manslaughter (SAMM)**

<https://www.samm.org.uk/>

SAMM is a national UK Charity supporting families bereaved by Murder and Manslaughter. They also provide advice and training to many agencies on issues relevant to the traumatically bereaved.

Please – do not feel you are alone. You will talk to people who will care for you, and understand your grief, all SAMM volunteers are themselves bereaved as a result of homicide.

**Survivors of Bereavement By Suicide**

<http://www.sobs.admin.care4free.net/>

SOBS is the only national charity providing dedicated support to adults who have been bereaved by suicide.

## **Domestic abuse charities**

### **Women's Aid**

<https://www.womensaid.org.uk/>

Wome's Aid is exclusively for the support of women and children. The 24 Hour National Domestic Violence Helpline on 0808 2000 247 (run in partnership with Refuge) and their range of online services, which include the Survivors' Forum and The Hideout, help hundreds of thousands of women and children every year.

### **Refuge**

<https://www.refuge.org.uk/>

Refuge is run exclusively for the support of women and children. They provide refuges, support in the community, independent advocacy, specialist services for people of specific backgrounds, 'one stop shops', child support services and tech abuse and empowerment services.

### **Jewish Women's Aid**

<https://www.jwa.org.uk/>

JWA provides specialist support for Jewish women who have been or are experiencing domestic violence. They offer a variety of services, including specialist support that pertains to the Jewish faith and faith marriages.

### **Women's Trust**

<http://womanstrust.org.uk/>

Woman's Trust is a specialist mental health charity, providing free counselling and therapy for women who have experienced domestic abuse.

### **Muslim Women's Network**

<http://www.mwnhelpline.co.uk/index.php>

MWN operate a helpline that aims to provide a national specialist faith and culturally sensitive service that is confidential and non-judgmental, which offers information, support, guidance and referrals to Asian and Muslim women and girls from diverse ethnic/ faith backgrounds who are suffering from, or are at risk of abuse or facing problems on a range of issues. The helpline also acts as an interface or conduit between the victims and services that offer a concrete response to the request for help.

**Nour**

<https://www.nour-dv.org.uk/>

Nour provides Islamic support and advice through our Islamic advisors (male and female) who are from a range of different Islamic schools of thought. We also have a dedicated team of professional and legal advisors who are able to offer psychological support and appropriate counselling to victims of domestic violence.

**Mankind**

<https://www.mankind.org.uk/>

Mankind provides a confidential helpline available for male victims of domestic abuse and domestic violence across the UK who are suffering this abuse from their current or former wife or partner (including same-sex partner).

**Respect**

<http://respect.uk.net/>

Respect is a UK domestic abuse membership organisation for work with perpetrators, male

**Men's Advice Line**

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

Men's Advice Line offers confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

**GALOP**

<https://www.galop.org.uk>

GALOP provides specialist advice and support for people who are experiencing sexual violence, hate crimes or domestic abuse who are part of the LGBTQIA+ community.

**Stonewall Domestic Abuse Information**

<https://www.stonewall.org.uk/help-advice/criminal-law/domestic-violence>

Stonewall provides information on domestic abuse for LGBT people, and also provides housing support and refuge information.

## **Honour Based Violence**

*Please note, this is not the same as domestic violence, and people who experience this will need specialised support- this is different to and considerably more complex than domestic abuse. Honour based violence is a violent crime or incident which may have been committed to protect or defend the honour of the family or community. The concept of 'honour' is for some communities deemed to be extremely important. To compromise a family's 'honour' is to bring dishonour and shame and this can have severe consequences. The punishment for bringing dishonour can be emotional abuse, physical abuse, family disownment and in some cases even murder.*

*In most honour-based abuse cases there are multiple perpetrators from the immediate family, sometimes the extended family and occasionally the community at large.*

*It is often linked to family members or acquaintances who mistakenly believe someone has brought shame to their family or community by doing something that is not in keeping with the traditional beliefs of their culture. For example, honour based violence might be committed against people who:*

- *become involved with a boyfriend or girlfriend from a different culture or religion*
- *want to get out of an arranged marriage*
- *want to get out of a forced marriage*
- *wear clothes or take part in activities that might not be considered traditional within a particular culture*

*Women and girls are the most common victims of honour based violence; however it can also affect men and boys. Crimes of 'honour' do not always include violence. Crimes committed in the name of 'honour' might include:*

- *domestic abuse*
- *threats of violence*
- *sexual or psychological abuse*
- *forced marriage*
- *being held against your will or taken somewhere you don't want to go*
- *assault*

*A forced marriage is one that is carried out without the consent of both people. This is very different to an arranged marriage, which both people will have agreed to. Honour crimes are most prevalent within diaspora communities from South Asia, the Middle East, and North and East Africa. Reports come from Muslim, Sikh, Hindu, Orthodox Jewish and occasionally traveller communities. Honour Abuse is not determined by gender; both perpetrators and victims can be male or female.*

### **Karma Nirvana**

<https://karmanirvana.org.uk/>

Karma Nirvana specialise in supporting people who are victims of, or at risk for experiencing HBV and forced marriage. They run a helpline, train professionals, and offer advocacy services. They also support people who are LGBTQIA+ whose perceived dishonour is related to their sexuality.

### **Halo Project**

<https://www.haloproject.org.uk/>

The Halo Project Charity is a national project that supports victims of honour-based violence, forced marriages and FGM by providing appropriate advice and support to victims.

### **Iranian and Kurdish Women's Rights Organisation**

<http://ikwro.org.uk/>

IKWRO's mission is to protect Middle Eastern and Afghan women and girls who are at risk of 'honour' based violence, forced marriage, child marriage, female genital mutilation and domestic violence and to promote their rights. They provide direct services for women and girls, including advocacy, training and counselling. Their helpline is available in English, Arabic, Kurdish, Turkish, Farsi, Dari and Pashto.

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## **Organisations which support asylum seekers, immigrants and refugees**

### **Refugee Council**

<https://www.refugeecouncil.org.uk/>

Refugee Council supports refugees from all areas from the moment they arrive in the UK. They provide crisis advice and practical support, help them to integrate into their new communities and offer mental health counselling to help them come to terms with the trauma so many of them have experienced.

They are the only national organisation providing support to refugee children and young people who arrive in the UK alone.

### **Freedom from Torture**

<https://www.freedomfromtorture.org/>

Freedom from Torture provides specialist psychological therapy to help asylum seekers and refugees who have survived torture recover and rebuild their lives in the UK.

### **The Helen Bamber Foundation**

<http://www.helenbamber.org/>

The Helen Bamber Foundation is a pioneering Human Rights charity supporting refugees and asylum seekers who are the survivors of extreme human cruelty. The people they work with have been subjected to atrocities including state-sponsored torture, human trafficking, religious and political persecution, forced labour, sexual exploitation, gender-based and 'honour-based' violence. They offer a variety of services to ensure that the people they support are free and healthy (both physically and mentally), are safe, are protected from re-victimisation, detention and poverty, and have the ability and agency to integrate in and contribute to the communities around them.

*CONSULT WITH LOCAL GOVERNMENT- all refugees should be able to access mental health care- please always ensure that a professional translator is used, to prevent confusion*

## **Sex worker support**

### **Sex Worker Advocacy and Resistance Movement**

<https://www.swarmcollective.org/>

SWARM is a sex worker led collective based in the UK. The project was founded to advocate for the rights of everyone who sells sexual services. Our goal is to build a diverse and inclusive community of sex workers who work together to improve our working conditions and resist violence. This is support for and by sex workers. Please note, this organisation also campaigns for the decriminalisation of sex work and therefore may not be suitable for all sex workers e.g. trafficked workers.

### **Manchester Action on Street Health**

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

MASH (Manchester Action on Street Health) is a charity offering advice and support to women in sex work. MASH runs a drop-in Centre in the ‘beat’ area, proactively visits women in saunas (massage parlours) and takes the MASH mobile drop-in van out, late at night, around the streets of Manchester and Cheetham Hill to reach women sex working on the streets.

MASH offers help to women:

- Sex working on the streets
- Sex working in saunas or massage parlours
- Sex working independently (as escorts)
- Doing web cam or phone sex work

All MASH services offer free condoms, a needle exchange, safety advice and refreshments.

At the drop-in centre, women can also visit the sexual health nurse, access support around debts or benefits, receive help to report crimes, referrals into mental health services, support with homelessness, support with addictions, domestic violence, counselling or take part in activities to build confidence or develop life-skills.

### **Oasis Project Sex Workers’ Outreach Project for Women across Sussex**

<https://www.oasisproject.org.uk/adult-services/swop/>

SWOP Sussex is a discreet and confidential and trans-inclusive service for women working in the sex industry. They aim to promote and improve the health, safety and wellbeing of sex workers in Sussex.

### **The English Collective of Prostitutes**

<http://prostitutescollective.net/>

The ECP provides a vast amount of information for sex workers, including an A-Z 'Know Your Rights' guide, information for migrant women working in the sex industry, and legal support and information.

### **raTrust**

<https://ratrust.org.uk/>

The raTrust works with individuals and groups that are at risk of contracting STIs including HIV, concentrating on the physical, social and mental well-being of those they work with. They offer a judgement-free environment and promote a positive, safe and respectful approach to sexuality and sexual relationships, as well as seeking to rid the world of the stigma associated with an HIV-positive diagnosis.

### **Somerset-Wide Integrated Sexual Health Service**

<https://swishservices.co.uk/sex-workers-service/>

SWISH offer confidential, non-judgemental sexual health information and testing for sex workers who work across the Somerset area.

### **Beyond the Streets**

<https://beyondthestreets.org.uk/>

Beyond the Streets is a UK charity working to end sexual exploitation by Creating Routes Out through working directly with women. They work with women who have been forced, coerced or trafficked into sex work.

They offer a safe space to be heard, and a chance to talk with someone who 'gets it'. They don't focus on the past; instead they help women make a practical plan of bite size and achievable steps.

### **NUM**

<https://uknswp.org/um/>

National Ugly Mugs (NUM) is a pioneering, national organisation which provides greater access to justice and protection for sex workers who are often targeted by dangerous individuals but are frequently reluctant to report these incidents to the police. They provide legal support for sex workers- please note, also includes images of those who have been convicted of abuse of sex workers, may be triggering so provide phone number instead if abuse has been experienced.

## **Carers**

### **Carers UK**

<https://www.carersuk.org/>

Carers UK provide a telephone line for information on caring, support, legal information and advice around rights and benefits. They also offer Support Groups for carers to attend, both in person and online.

### **Carers Trust**

<https://carers.org/>

Carers Trust is a major charity for, with and about carers. They work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They offer support, information and tips on carers looking after themselves.

*N.B- For young carers information, please refer to 'Support for young people and children'*

## **Older people**

### **Age UK**

<https://www.ageuk.org.uk/>

Age UK offer information, advice, support with care and wellbeing, and connect people to a network of befrienders and advice and support workers, through their two helplines.

### **The Silver Line**

<https://www.thesilverline.org.uk/>

The Silver Line is a 24/7 helpline that provides information, friendship and advice to older people.

### **Contact the Elderly**

<https://www.contact-the-elderly.org.uk/>

Contact the Elderly is the national charity dedicated to tackling loneliness and social isolation amongst older people living in the United Kingdom.

### **The Cinnamon Trust**

<https://cinnamon.org.uk/>

The Trust's primary objective is to respect and preserve the treasured relationship between owners and their pets. To this end it works in partnership with owners to overcome any difficulties that might arise. A national network of over 15,000 community service volunteers has been established to provide practical help when any aspect of day to day care poses a problem – for example, walking the dog for a housebound owner.

A national fostering service is provided for pets whose owners face a spell in hospital – volunteers take pets into their own homes and supply love and care in abundance until owner and pet can be reunited.

The Cinnamon Trust also provides long term care for pets whose owners have died or moved to residential accommodation which will not accept pets. Arrangements are made between owners and the Trust well in advance, so owners do have peace of mind in the knowledge that their beloved companion will have a safe and happy future. Emergency cards are available on request.

## **Homelessness/Housing support**

### **Shelter**

<https://england.shelter.org.uk/>

Shelter offers one-to-one support on housing issues, offers a national emergency helpline for people experiencing a housing crisis that is open 365, an online support network and free legal advice from qualified solicitors to help people who've lost their homes or are facing eviction.

### **Together UK**

<https://www.together-uk.org/>

Together provides services that include 24-hour residential services and supported housing that has specialised care for people with severe and enduring mental health needs.

### **YMCA**

<https://www.ymca.org.uk/mental-health-and-homeless>

The YMCA offers a range of accommodation options, including emergency housing to supported living.

### **Housing Rights**

<https://www.housingrights.org.uk/>

Housing Rights offers support and advice to people experiencing a housing crisis or homelessness in Northern Ireland.

## **Support for young people + children**

### **Children's Society**

<https://www.childrenssociety.org.uk/>

Children's Society provide support to children across the UK who are vulnerable; this is everything from children who are at risk of exploitation, young refugees and migrants to children who are adopted, affected by substance misuse or have a mental health diagnosis.

### **Young Minds**

<https://youngminds.org.uk/>

Young Minds is the UK's leading charity offering mental health advice, support and information to young people who are struggling with their mental health, and their parents. They offer large amounts of information on CAMHS, inpatient care for young people, instructions on how to talk to healthcare professionals and what to ask, and a helpline for parents.

### **The Mix**

<https://www.themix.org.uk/>

The Mix offers support for people under the age of 25, including a telephone helpline, an online chat service and a crisis messenger. They offer information and support on everything from education, housing and money to sex & relationships, body image and mental health issues.

### **Youth Access**

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

Youth Access is an online directory of services across the UK, who offer free and confidential counselling, advice and information to young people aged 25 and under.

### **Childline**

<https://www.childline.org.uk/>

Childline offers support to anyone under the age of 19, using trained counsellors. They have a helpline, and email service and a 1-2-1 online chat feature.

### **Students Against Depression**

<https://www.studentsagainstdepression.org/>

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 – after all, who better to speak to their peers about how depression can be overcome?

**Beat**

<https://www.beateatingdisorders.org.uk/>

Beat is the UK's leading eating disorders charity, and offers support to anyone, young or old, who is suffering from an eating disorder, through a wide range of support options.

**Student Minds**

<https://www.studentminds.org.uk/>

Student Minds empowers students to take control of their mental health using peer-led support options, delivered across the UK.

**Papyrus**

<https://papyrus-uk.org/>

Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK.

**Renaissance Foundation**

<https://www.renaissance-foundation.com/>

The Renaissance Foundation support people aged 13-19 who are going through significant life challenges, including at-risk young people, those in hospital and young carers.

## **Post-Partum Psychosis and Post-Natal Illness**

### **National Childbirth Trust**

<https://www.nct.org.uk/>

The NCT offers support and information for all parents for the first 1,000 days of their children's life. They offer general parenting information, building links with other new parents and groups for parents.

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

<https://www.app-network.org/>

APP offers a series of information leaflets, and online peer support forum, one to one peer support services, events, workshops and signposting for women and their partners who have been affected by Post-Partum Psychosis.

### **Pre and Post Natal Depression Advice and Support Foundation**

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

PANDAS offers support and information for women and their partners who have been affected by post-natal mental illness, including support groups, a support line and email support.

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

<https://apni.org/>

APNI offer phone, email and, should the person request it, postal support, to people who have been diagnosed with a post-natal depressive illness.

### **Maternal OCD**

<https://maternalocd.org/>

Maternal OCD offers support, information and resources for mothers struggling with peri-natal Obsessive Compulsive Disorder (OCD).

## **Learning disabilities and behavioural diagnoses**

### **MENCAP**

<https://www.mencap.org.uk/>

MENCAP is the leading charity for learning disability support. They offer support, information and resources for those with a learning disability, their families and carers.

### **Foundation for People with Learning Disabilities**

<https://www.mentalhealth.org.uk/learning-disabilities/>

This foundation offer information for people with learning disabilities, their families, carers, local authorities and service providers.

### **The Judith Trust**

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

This trust offers a series of books and flyers for the education and support of people with learning disabilities and their families and carers.

### **United Response**

<https://www.unitedresponse.org.uk/>

United Response offers a variety of support options, including social care, but also information and guidance in a variety of accessible formats.

### **BILD**

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

BILD has a series of books and leaflets aimed at people with learning disabilities and their carers, and also hosts a series of conferences and project workshops.

### **Change People**

<https://www.changepeople.org/>

Change People offers a variety of resources, but most importantly has an excellent resource for people who have a learning disability diagnosis who are leaving hospital- from specialist learning disability wards to mental health hospitals.

## **Charitable support for forensic mental health convictions/families of those convicted, also known as ‘secure’ patients.**

NHS definitions state that ‘Secure mental health services provide accommodation, treatment and support for people with severe mental health problems who pose a risk to the public. Sometimes known as ‘forensic’ mental health services, secure services work predominantly with people who have been imprisoned or admitted directly to hospital through the 1983 Mental Health Act following a criminal offence.’

There are currently three high secure units in the UK, and several more medium and low secure units, so it is always advisable to contact service providers as well as the below, as they may have internal services that can be offered.

### **NHS England**

<https://www.england.nhs.uk/wp-content/uploads/2018/05/secure-carers-toolkit-v2.pdf>  
NHS toolkit for the support of family members of people with a forensic conviction/on secure wards

### **Forensic Network**

<https://www.forensicnetwork.scot.nhs.uk/carers/>

Forensic Network provides a family and friends information pack for families of those convicted/in secure units

### **Together**

<https://www.together-uk.org/our-mental-health-services/criminal-justice-mental-health/supporting-people-on-probation/> Together’s Forensic Mental Health Practitioner (FMHP) can provide support directly to service users

## **General help and information**

### **SupportLine**

<https://www.supportline.org.uk/>

SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.

### **Victim Support**

<https://www.victimsupport.org.uk/>

Victim Support offer help to anyone affected by crime, not only those who experience it directly, but also their friends, family and any other people involved. It doesn't matter when the crime took place –they offer support at any time, and for however long they are needed.

### **GOV.UK**

<https://www.gov.uk/>

Gov.uk is the best resource for information on government services and legislation information.

### **Citizens Advice Bureau**

<https://www.citizensadvice.org.uk/>

Free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

### **Disability Rights UK**

<https://www.disabilityrightsuk.org/>

Disability Rights UK offer advice, information, and support on all areas for all people who have a disability.

*Please see BPUK website 'useful links' guide for more links*