**Support Organisations**

Counselling Services

* **British Association for Counselling and Psychotherapy**

[www.bacp.co.uk](http://www.bacp.co.uk)

01455 883300

Directory of fully qualified counsellors.

* **Emotional Wellbeing in Stafford and Surrounds**

Info@ewiss.co.uk

01785 243002

11A Princes Street, Stafford, ST16 2BN

* **Chase Emotional Wellbeing**

info@chaseemtionalwellbeingservice.co.uk

01543 572 161

102 – 104 High Green Court, Cannock

Both NHS counselling services. Referral via GP or self referral.

* **Mid Staffs Mind**

[www.mind.org.uk](http://www.mind.org.uk)

midstaffsmind@gmail.com

01785 747070

Telford-mind.co.uk

01952 588367

Counselling provision in South Staffordshire and Shropshire

Information Organisations

* **NHS choices**

ww.nhs.uk

Information about conditions and services

[www.mpft.nhs.uk](http://www.mpft.nhs.uk)

Self help guides

* **Rethink**

[www.rethink.org](http://www.rethink.org)

Advice line: 0300 500 0927

Information and helpline.

* **Depression Alliance**

[www.depressionalliance.org/](http://www.depressionalliance.org/)

Information and support for suffers and carers.

* **Depression UK**

[www.depressionuk.org/](http://www.depressionuk.org/)

National support group.

* **Young Minds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

020 7089 5050

Helplines

* **Cruse Bereavement Care**

0844 477 9400

* **Staffordshire Mental Health Helpline**

0800 0130 626 Available 24 hours for Recovery Hub service users

* **Mind**

0300 123 3393 Available Mon-Fri 9am – 5pm

* **Samaritans**

116 123 Available 24 hours

* **SANEline**

0300 304 7000 Available 6pm-11pm

Recovery Organisations

The Recovery Hub: One to one support and activity groups.

**Mental Health Matters**

[www.mentalhealthmatters.com](http://www.mentalhealthmatters.com)

0191 516 3500

**Making Space**

[www.makingspace.co.uk](http://www.makingspace.co.uk)

therecovery.hubstafford@makingspace.co.uk

Stafford: 07813558607

Cannock: 07966887164

South Staffs: 07872421640