

## **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.
- **Mid Staffs Mind**  
[www.mind.org.uk](http://www.mind.org.uk)  
[midstaffsmind@gmail.com](mailto:midstaffsmind@gmail.com) 01785 747070  
Telford-mind.co.uk 01952 588367 (South Staffordshire and Shropshire)

### **Information Organisations**

- **NHS choices**  
[www.nhs.uk](http://www.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.
- **Young Minds**  
[www.youngminds.org.uk](http://www.youngminds.org.uk) 020 7089 5050

### **Helplines**

- **Cruse Bereavement Care**  
0844 477 9400
- **Mind**  
0300 123 3393 Available Mon-Fri 9am – 5pm
- **Samaritans**  
116 123 Available 24 hours ([www.samaritans.org](http://www.samaritans.org))
- **SANEline**  
0300 304 7000 Available 6pm-11pm

### **Support Organisations**

- **Mental Health Matters**  
[www.mentalhealthmatters.com](http://www.mentalhealthmatters.com) 0191 516 3500
- **Making Space**  
[www.makingspace.co.uk](http://www.makingspace.co.uk)