

Support Organisations

Counselling Services

- **British Association for Counselling and Psychotherapy**

www.bacp.co.uk

01455 883300

Directory of fully qualified counsellors.

- **Mid Staffs Mind**

www.mind.org.uk Email: midstaffsmind@gmail.com

01785 747070

- **Telford Mind**

www.telford-mind.co.uk

01952 588367

- **Staffordshire NHS Wellbeing Service**

www.staffsandstokewellbeing.nhs.uk

0300 303 0923

- **Shropshire NHS Wellbeing Service**

www.shropshireiapt.mpft.nhs.uk

0300 123 6020

Information Organisations

- **NHS choices**

www.nhs.uk

Information about conditions and services

www.mpft.nhs.uk

Self-help guides

- **Rethink**

www.rethink.org

Advice line: 0300 500 0927

Information and helpline.

- **Depression Alliance**

www.depressionalliance.org/

Information and support for sufferers and carers.

- **Depression UK**

www.depressionuk.org/

National support group.

- **Young Minds**

www.youngminds.org.uk 020 7089 5050

- **Anxiety UK**

<https://www.anxietyuk.org.uk/> Helpline: 03444 775 774

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

- **SANEline**

0300 304 7000 Available 6pm-11pm

Support Organisations

- **Mental Health Matters**

www.mentalhealthmatters.com

0191 516 3500

- **Making Space**

www.makingspace.co.uk