

Routes for Support

Many organisations provide support

Health Support – Phone 111 or call your doctor

Citizens Advice - www.citizensadvice.org.uk or phone the Advice Line **0800 144 8848**

Hampshire Connect to Support: - a hub of thousands of support organisations; easy to search for the one that may help you. www.connecttosupporthampshire.org.uk

Spiritual Support: Your parish may have a group that supports people through prayer or in practical ways – the contact details may be on the parish website or in the newsletter.

Mental Health Support: www.mind.org.uk to find your local Mind details- they exist for Solent, Andover, Havant & East Hants, Oxfordshire

Suicide

Samaritans: **Tel. helpline: 116 123** email: jo@samaritans.org www.samaritans.org.uk

Help for anyone feeling suicidal or “who needs someone” at any time. *Additionally, use NHS 111 - or if the situation is urgent the Emergency Services – 999.*

Spiritual Healing & Support

- In Portsmouth Catholic Diocese there is a Prayer Ministry group, contact is through its chair Deacon Carr Jones: rogercarrjones@portsmouthdiocese.org.uk
- Acorn Christian Healing Trust, Bordon, Hampshire: www.acornchristian.org
Services of prayer & healing & individual healing prayer *(Anglican, but open to all denominations)*

Addictions

Addiction Helper: **Tel: 0800 531 6959** - Help & support in addiction by people in recovery.

(A simple prayer of repentance and deliverance can set people free from addictions)

Adult Survivors of Child Abuse

Adult Survivors of Child Abuse: **Helpline 01708 765200**

Support for men & women who suffered abuse as children and their partners.

Alzheimer's Society

Alzheimer's Help & Advice: **Helpline 0333 150 3456** www.alzheimers.org.uk

Help the Aged

Help the Aged: **Advice & Befriending Information: 0800 755 6112**

Marriage & Relationship Help

Marriage Care: **Tel: 0800 389 3801** www.marriagecare.org.uk

This is a Catholic organisation. They offer help to people of all faiths and none who find themselves in relationship difficulties. Support is offered in most areas of the country.

Separation and Divorce

Association of Separated & Divorced Catholics **Enquiry Line: 01132640638**

Pregnancy Crisis/Abortion

Life Matters: **Tel: 0800 802 5433** www.lifecharity.org.uk **Calls/Texts/Messages**

This non-judgemental charity offers wonderful support for mother & child both during and after pregnancy – It focuses mostly on the abortion issue and also offers help in post abortion situations. From the website this seems to be a Catholic organisation.

Bereavement

Cruse Bereavement Care: **Helpline 0808 808 1677**

Home visits to anyone who has suffered a bereavement at any time in the past. This organisation has branches countrywide. They also have Drop-in Centres in many areas; there is one in Basingstoke

Bereavement through Suicide

SOBS - Survivors of Bereavement by Suicide: **Tel: 0300 111 5065** www.uk.sobs.org

Child Death

Compassionate Friends: **Tel: 0345 123 2304**

Offers Telephone & Group support to anyone who is grieving the loss of a child of any age. Support is offered by people who have themselves experienced the same grief and have a desire to help others. They are countrywide. I know this organisation and admire the work they do.

Stillborn, Neonatal & Baby Death

SANDS: **Helpline: 0808 164 333** www.sands.org.uk

The leading charity offering support to anyone grieving the loss of a baby through miscarriage, stillbirth or after they have been born.

Bereaved Children

- **Simon Says: Tel: 023 8064 7550**
Southampton based charity offering skilled help for children who are grieving the loss of a loved-one.
- **Daisy's Dream Tel: 0118 934 2604**
Reading based charity offering help for bereaved children & families mainly through special events such as days when the children can meet others in the same situation. A very popular charity often with a waiting list.

Victims of Crime and Sexual Assault

Victim Support: Tel: 08088 1689 111

Support for anyone who has been the victim of a crime, including rape, regardless of whether it has been reported and no matter how long ago.

Rape Crisis: Helpline 0808 802 9999 (12-3.30 & 7-9.30) www.rapecrisis.org.uk

Association of Christian Counsellors

COVID-19 CRISIS - COUNSELLING SUPPORT SERVICE

What is on Offer?

Up to ten sessions of counselling on a no-fee basis from qualified counsellors who are volunteering their service Either on-line or by telephone.

As a reserve and where appropriate, student counsellors who are nearing the end of their training and have experience of counselling will be involved in bereavement counselling

Who is the Counselling for?

People working in the NHS who are directly impacted by COVID-19, including frontline medical staff, but also those in ancillary roles in an NHS setting (e.g. nursing assistants, cleaners, porters etc)

Paramedics and anyone working within the ambulance services who is directly impacted by COVID-19

Anyone who has been bereaved during this time – whether or not the bereavement is due to COVID-19 infection.

How do I access the service?

Download and complete the Self-Referral Form and email to CCSS@acc-uk.org.

Click on the links below for more information. If you do not have access to an email, please telephone 0247 644 9694

[Leaflet on Referral](#)

[Flyer](#)

[Detailed leaflet](#)



Green for Go, Go for Help!

EMERGENCY! Ambulance, Fire, Police 999

Refugee Council

0207 346 6770

www.refugeecouncil.org.uk

Samaritans Tel: 116123

need to talk?

Bereavement Cruse

0808 808 1677

Crimestoppers 0800 555 111

www.crimestoppers-uk.org/

Rape Crisis

0808 802 9999

www.rapecrisis.org.uk

Child Line

0800 11 11

Shout

for Support in a Crisis
Text Shout to 85258

FamilyLives.org.uk

0808 800 2222

Parenting advice

Mind.org.uk Information about mental health

Homelessness

StreetLink

0300 500 0914

Shelter 0808 800 444

Domestic Abuse 24hr

0808 2000 247

Text 07970350366

Non-emergency

111 for NHS

101 for Police

24 hours every day

Carers Support

West Sussex 0300 028 8888

Surrey 0303 040 1234

SMS 07714 075993

East Sussex 01323 738390

text 07860 077300.

Debt

Christians against Poverty

01274760720

National Debtline

08088084000

www.nationaldebtline.org

Mental Health Crisis Line

Sussex 0300 5000 101

Textphone 0300 5000 101

Surrey 0800 915 4644

Text: 07717 989024

Textphone 18001 0800 915 4644

Modern Slavery

08000 121 700

www.modernslaveryhelpline.org

Drug & Alcohol

Surrey 0300 222 5932

West Sussex 0300 303 8677

East Sussex 0300 3038 160

Relationship Counselling

www.relate.org.uk/

Life-Pregnancy Matters

lifecharity.org.uk

0808 802 5433

07860077339 Text support

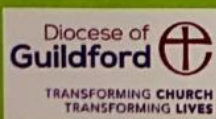
Victim Support

0808 168 9111

www.victimsupport.org

This poster is brought to you by

The Ecumenical Mental Health Project in Surrey and Sussex.



With thanks to Alton Adore for the initial compilation of this list.