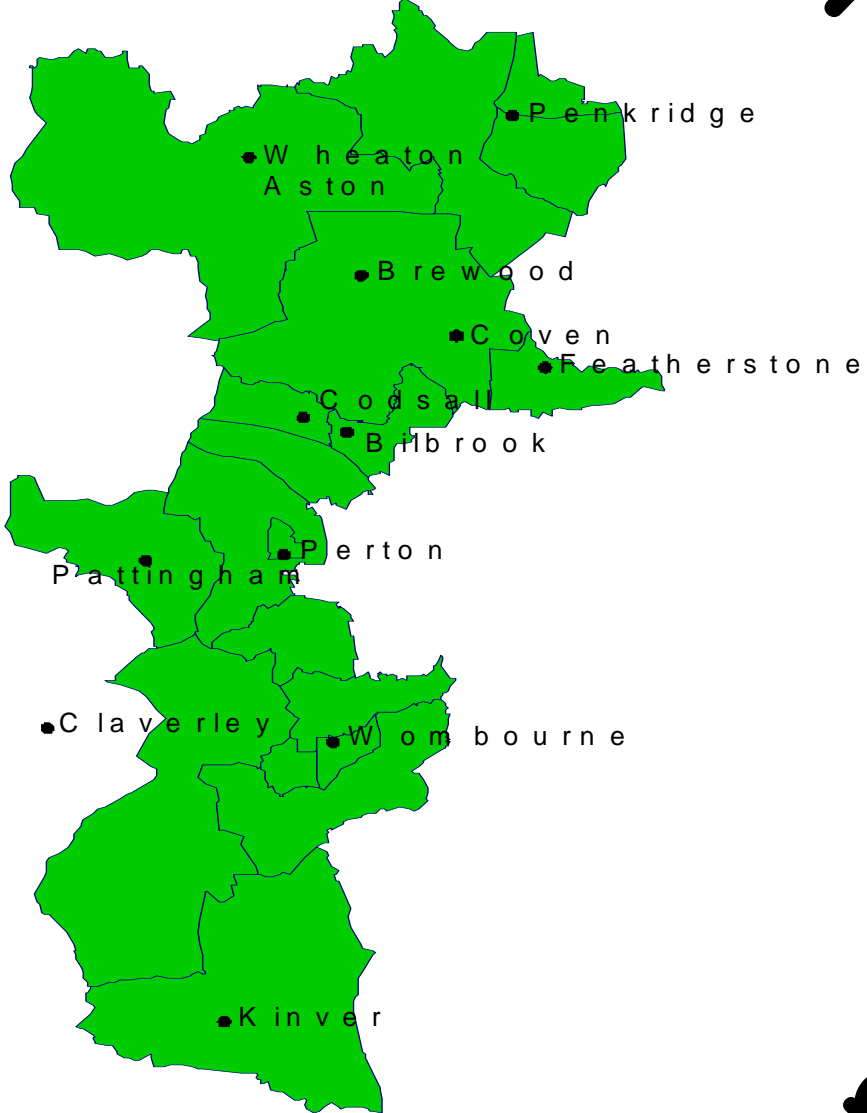


South Staffordshire



Mental Health Directory

CONTENTS

SUBJECT	PAGE
Introduction	
What is mental illness or mental distress?	
What are the signs of mental illness or mental distress?	
What can you do if you feel mentally or emotionally unwell?	
What can you or your carer do in an emergency or crisis?	
What can you do to prevent an emergency or a crisis?	
Recovery from mental distress	
The National Service Framework for Mental Health	
Symbol Key	
Statutory Agencies	
▪ GP Surgeries	
▪ Hospitals	
▪ Specialist Mental Health Services	
▪ Social Services	
Local Voluntary and Support Agencies	
▪ Abuse	
▪ Advocacy	
▪ Alcohol and Substance Misuse	
▪ Bereavement	
▪ Carers	
▪ Children and Young People	
▪ Crime and Violence	
▪ Eating Disorders	
▪ Drop ins	
▪ Elderly	
▪ Employment	
▪ Families	
▪ Housing	
▪ Learning Disabilities	
▪ Miscellaneous	
▪ Race Issues	
▪ Rural Support	

- Self Harm
- Self Help
- Other Useful Websites

Introduction

This directory is written for people who are in emotional distress or have a mental illness, and the people who care for them. It is relevant to all ages including older people, children and young people. It is also intended to be a useful reference point for health professionals and others who work in mental health.

The directory provides information about:

- Mental illness and mental distress
- Where to get help if you are feeling unwell
- What to do in an emergency or a crisis
- Addresses and telephone numbers of mental health services and support organisations, as well as a description of each one
- National Service Framework

What is mental illness or mental distress?

Like the term physical health problem there are many different types of mental health problems and they vary in their severity.

Mental illness/distress includes such things as:

- Anxiety - Fear, tension and panic attacks can be described as anxiety states. A persistent fear of something that can result in avoiding it, can be described as a phobia. Common phobias include fear of heights or open spaces.
- Depression - This can vary in severity, and symptoms can be low mood, sadness or despair, and sometimes lack of motivation and sleep disturbances.
- Eating disorders - Obsessive, restrictive eating, often to the point of starvation, can be described as "Anorexia Nervosa". Compulsive eating, sometimes followed by purging, is known as "Bulimia Nervosa".
- Bi-polar disorder/Manic-depression - This can cause dramatic mood swings from feeling overly high and elated to feeling sad and hopeless, known as mania and depression.
- Psychosis - This is when someone is unable to distinguish clearly between what is real and what is imaginary, or what is external or internal to their own thought processes.
- Schizophrenia - This involves mental processes of experiencing and thinking becoming distorted. When severe, this can lead to intense panic, anger, depression, elation or over-activity, sometimes with periods of withdrawal.
- Dementia - A term used to describe various brain disorders that have in common a loss of brain function that is usually progressive. Symptoms include loss of memory, confusion and problems with speech and understanding.

What kind of things can affect mental health?

- Homelessness
- Loss, such as unemployment, divorce, bereavement, etc.
- Alcohol and substance misuse
- Dysfunctional families and violent domestic relationships
- Abuse
- Physical illness
- Parenting
- Stress
- Being a carer

Mental illness is very common. One in four people are likely to have a period of mental ill health during their lifetime.

People who care for someone with a mental health problem may access services at times for support and advice to help them look after the person they are caring for. They may also need help looking after their own mental health.

What are the signs of mental illness or mental distress?

Everyone will experience mental illness and mental distress differently. The following symptoms may be present in different mental health problems:

- Feeling low and sad for 2 weeks or more
- Feelings of elation followed by periods of low mood
- Intense levels of anxiety and panic attacks
- Repetitive actions such as constant hand washing or endless tidying of the house
- Starving, bingeing or purging
- Self harming
- Constant feelings of persecution or confusion
- Delusions where someone believes something is happening which no one else can understand
- Hearing voices

What can you do if you feel mentally or emotionally unwell?

You may wish to discuss your feelings with your GP. Your GP will listen, give advice and information and can prescribe medication. In addition, or alternatively, your GP may refer you to:

- A Primary Care Mental Health Worker, who can offer information, advice and brief therapy to people with mild to moderate mental health problems

- Another agency such as MIND or Relate
- Or
- A Community Mental Health Team consisting of:
 - A Community Mental Health Nurse
 - A Consultant Psychiatrist
 - A Clinical Psychologist
 - A Social Worker
 - An Occupational Therapist

Alternatively you could call the **Staffordshire Mental Health Telephone Helpline** to talk things over on - **0808 8002234** Mon - Fri 7pm - 2am; Sat - Sun 2pm - 2am or email Telephone.helpline@virign.net

What can you or your carer do in an emergency or crisis?

If you have never been treated for a mental illness before, either in hospital or in the community:

- Contact your GP. If out of hours, the surgery will provide telephone numbers on their answer machine. The GP will assess you and decide with you the most appropriate help that is available. He/she may prescribe medication or provide non-medical treatment, or refer you to a Community Mental Health Team. A Crisis service is also available out of hours.
- On a few occasions, if these and other measures are inadequate for a person's safety and well being or the safety of others, he/she may arrange for a hospital admission. **Note:** Unless you are already being treated, or have recently been treated for mental illness, the consent of your GP is required before you can be admitted to hospital.

If you are already being treated for a mental illness, in a hospital or the community (having support or treatment other than medication prescribed by your GP), you or your carer can contact the following people:

- Your allocated Community Mental Health Team.
- Your Care Co-ordinator.
- The Crisis Resolution Team directly.

What can you do to prevent an emergency or a crisis?

- If you know you are feeling unwell don't ignore it, talk to someone.
- It is sometimes helpful to have an idea about the things that may trigger your mental and emotional distress, so you are prepared and can take action early.

- Find someone to talk to, friends, relatives or one of the helplines listed in this directory (pg).
- Contact your GP or your Community Mental Health Team, to discuss your feelings.
- If you are already using mental health services and you or your carer feel a crisis could soon occur, you may contact the Crisis Response Team based at St George's Hospital. Your Care Co-ordinator can provide you with their phone number.
- Alternatively you can call the mental health telephone helpline on page (6).

Included at the back of this directory is a contact card, which you may wish to carry in your purse or wallet so that people know who to contact in an emergency.

Recovery from Mental Distress

Despite the rumours, people can recover!

This does not necessarily mean being symptom free, or no longer being in touch with mental health services although for many it does, but about leading a fulfilling life not dominated by illness or treatment. Recovery is an increasing ability to deal with ones "symptoms" and reclaim a satisfying life - things others sometimes take for granted.

Recovery is a very personal journey that seems to include certain factors: -

Hope

That recovery is possible and you can do it. Did you know 60 - 70 % of people have been shown by research to recover from serious mental distress?

Personal Responsibility

Recovery is not done to people, there is no specific "recipe", people need to find their own unique path. You need to be in charge of the process.

Information

Having information about your illness/distress, treatment options, all the different ways people use to cope, how to access various services, support groups, developing leisure interests, access to employment etc.

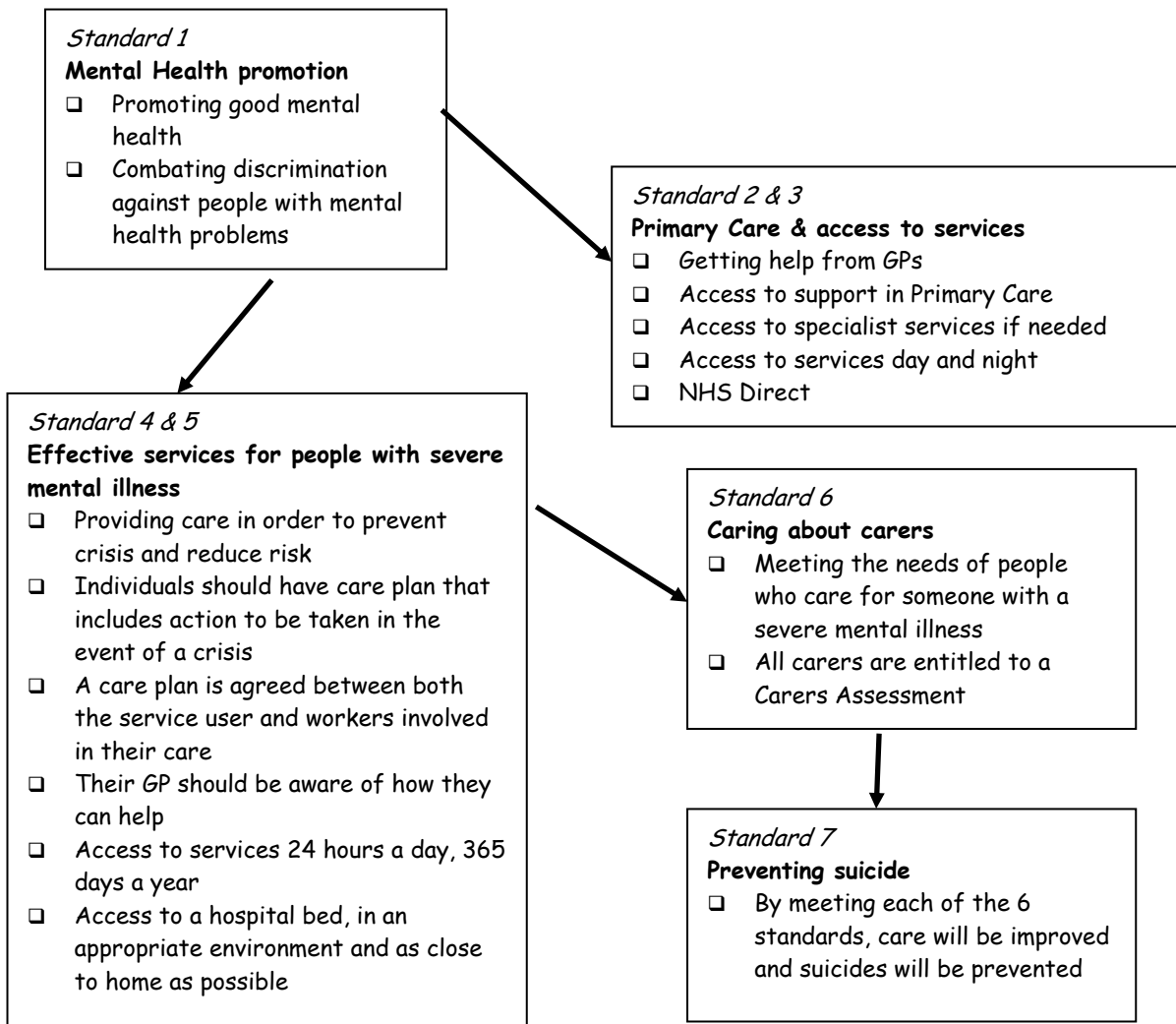
Self-Advocacy

The ability to identify and get your needs heard.

Developing and maintaining a support system.

Recovery is difficult alone. We all need a good support system, working in partnership with people we think can help us to develop other support networks and friendships.

The National Service Framework for Mental Health



KEY

 Advice


 Befriending

 Counselling

 Drop in

 Email Address


 Helpline

 Information

 Newsletter

 Opening Hours

 Self Referral

 Support

 Support Group

T Training

 Website

STATUTORY AGENCIES

GP SURGERIES

Brewood Surgeries

The Surgery, Sandy Lane, ST19 9ES

01902 847313

Codsall Surgeries

Russell House Surgery, Bakers Way, WV8 1HD

01902 842488

Bilbrook Medical Centre, Bilbrook, WV8 1DX

01902 847313

Featherstone Surgeries

Featherstone Family Health Centre, Old Lane, WV10 7BS

01902 305899

Perton Surgeries

Lakeside Medical Centre, Church Road, WV6 7PD

01902 755329

Tamar Medical Centre, Severn Drive, WV6 7QL

01902 755053

Wombourne Surgeries

Claverly Medical Practice, Spicers Close, Claverly, WV5 7BY

01746 710223

Dale Medical Practice, Planks Lane, Wombourne, WV5 8DX

01902 892209

Gravel Hill Surgery, Gravel Hill, Wombourne, WV5 9HA

01902 893375

Kinver Surgery, 4/6 High Street, Kinver, Stourbridge, DY7 6HG

01384 873311

HOSPITALS

Cannock Chase Hospital, Brunswick Road, Cannock, WS11 5XY

01543 572757

Kidderminster General Hospital,
Beudley Road, Kidderminster, DY11 6RJ

01562 823424

Spring Meadow Day Hospital, Park House, Park Road, WS11 1JN

01543 431576

Provide community based therapeutic groups and one to one interventions for individuals with mental health needs.

St David's House, Planks Lane, Wombourne, WV5 8DU

01902 326001

Provide community based therapeutic groups and one to one interventions for individuals with mental health needs.

St George's Hospital, Corporation Street, Stafford, ST16 3AG

01785 257888

A mental health inpatient unit with facilities for adult acute admissions and assessment, care for the elderly, intensive care and forensic services.

Staffordshire General Hospital, Weston Road, Stafford, ST16 3SA 01785 257731
Email: www.midstaffs.nhs.uk

Telford Princess Royal Hospital, Appley Castle, Telford, TF1 6TF 01952 641222

Walsall Manor Hospital, Moat Rd, Walsall, WS2 9PS 01922 721172

Wolverhampton New Cross Hospital 01902 307999
Wolverhampton Road, Wolverhampton, WV10 0QP

Dudley Priority Health NHS Trust

Bushey Fields Hospital, Bushey Fields Road, Dudley, DY1 2LZ 01384 457373

Poplars Mental Health Unit, Cottage Street, Brieley Hill, DY5 3EE 01384 366399
Mental health outpatient services for adults and older adults.

Walsall Community Health Trust

Dorothy Pattison Hospital, Alumwell Close, Walsall, WS2 9XH 01922 858000

Wolverhampton Healthcare NHS Trust

Wolverhampton New Cross Hospital 01902 307999
Wolverhampton Road, Wolverhampton, WV10 0QP

Horizon House Day Hospital, Pitt Street, Wolverhampton, WV3 0NF 01902 444030
Drugs and alcohol service.

South Western Staffordshire Primary Care Trust

Mellor House, Corporation Street, Stafford, ST16 3SR 01785 220004
Website: www.sws-pct.nhs.uk
Trust Headquarters.

South Staffordshire Healthcare NHS Trust Services

South Staffordshire Healthcare NHS Trust 01785 257888
St George's Hospital, Corporation Street, Stafford, ST16 3AG
Email: enquiries@ssh.tr.nhs.uk

Website: www.southstaffshealthcare.nhs.uk

Provide specialist mental health services in South Staffordshire.

PALS

01785 221469

St George's Hospital, Corporation Street, Stafford, ST16 3AG

Email: pals@ssh-tr.nhs.uk

Offer advice, support and information or receive your suggestions for service improvement. The service is confidential.

To use the following services, individuals must be referred by a health professional.

Assertive Outreach Service

01785 257888

Support people with severe and enduring mental health problems.

Chartley Centre

01785 272560

Provides a variety of therapeutic work for adults experiencing mental distress.

Child and Adolescent Mental Health Service

01785 222708

Support children, young people and their families.

01785 257888

Clinical Psychologists

01785 257888

(Some of which are based in Community Mental Health Teams)

Provide therapeutic support.

Community Mental Health for Older People

01785 257888

Provide assessment and care packages for older people with mental health problems.

South Staffordshire Integrated Community Mental Health Team

St George's Hospital

01785 257888

St David's House

01902 326001

Provide assessments and care packages for people with mental health problems.

Consultant Psychiatrist

01785 257888

Mental health specialists - diagnose and prescribe treatments.

Eating Disorders Service

01785 221331

Provide support and advice for people with eating disorders.

Integrated Drug and Alcohol Service

01785 251820

Support people with drug and alcohol problems.

Individuals may self refer or be referred by a probation officer to use the following service: -

South Staffs Mentally Disordered Offenders Team 01785 257888
Conduct mental health assessments for people in trouble with the police.

Social Services Specialist Mental Health Services

To use the following services, individuals must contact the Duty Officer on the telephone number below, between 8.30am - 5pm, Mon - Fri, whereby an open referral system operates. Out of hours, contact emergency duty services on the telephone below.

Stafford Mental Health Team 01785 356738
The Lodge, Marston Drive, Stafford, ST16 3BU
Assess and care manage people's mental health needs and undertake statutory duties required by the Mental Health Act.

Emergency Duty Services (Outside office hours) 01785 354030

Quest Day Opportunities 01785 356782

Marston Drive, Stafford, ST16 3BU

⌚ Hours vary. Ring for details

Email: quest@marstondrive.fsnet.co.uk

Day opportunities in Stafford. Activities include - craft workshops, pottery, gardening, complementary therapy, exercise, graphic design service, relaxation, computing and health and beauty treatments.



LOCAL & NATIONAL VOLUNTARY & SUPPORT AGENCIES

ISSUE	PAGE NUMBER
ABUSE	
ADVOCACY	
ALCOHOL & SUBSTANCE MISUSE	
BEREAVEMENT	
CARERS	
CHILDREN & YOUNG PEOPLE	
DROP INS	
EATING DISORDERS	
ELDERLY	
EMPLOYMENT	
CRIME & VIOLENCE	
FAMILIES	
HOUSING	
MISCELLEANOUS	
RACE ISSUES	
RURAL SUPPORT	
SELF HARM	
SELF HELP	
OTHER USEFUL WEBSITES	

LIST OF ORGANISATIONS ACCORDING TO SUBJECT AREA

ABUSE

Stafford Women's Aid
Domestic Violence - Pathway Project
Emerge
Refuge

ADVOCACY

ASIST (Stafford)
ASIST (Cannock)
Outreach and Advocacy Service
South Staffordshire Network for
Mental Health
United Kingdom Advocacy Network
(UKAN)

ALCOHOL & SUBSTANCE

Aquarius
Alanon
Alcohol & Drug Support Services in
Staffordshire (ADSIIS)
Alcohol Support Group (Mid Staffs
Mind)
Staffordshire Alcohol Advice Service
Alcoholics Anonymous
Talk to Frank

BEREAVEMENT

Penkridge Widows Club
Bereavement & Loss Support Services
Cruse Bereavement Care
(Wolverhampton)
National Association of Widows
SANDS (Still Birth & Neonatal Death
Society)
Compassionate Friends
Cruse Bereavement Care

CARERS

Carers Association Southern
Staffordshire
Codsall Parent's & Carer's Group
Rethink Stafford and District Carers
Support Group
Staffordshire Mental Health Helpline
Carers UK

CHILDREN & YOUNG PEOPLE

Connexions
CHATS
NSPCC Schools Counselling & Support
Service
Pro Mentoring East & West Midlands
Staffordshire Mental Health Helpline
Young Minds
Childline

CRIME & VIOLENCE

Brewood Police Station
Codsall Police Station
Kinver Police Station
Penkridge Police Station
Stafford Police Station
Wombourne Police Station
Hate Crime Office
Victim Support
Staffordshire Police
Crimestoppers
Victim Support (National)

DROP INS

Mid Staffs Mind (Stafford)
Mid Staffs Mind (Cannock)
Mid Staffs Mind (Wombourne)
CHATS

EATING DISORDERS

Abacus

Overeaters Anonymous
Eating Disorders Association

ELDERLY

P.A.C.E 2000
Brewood Old People's Welfare
Committee
Age Concern South Staffordshire
Age Concern Stafford & District
Age Concern England
Counsel and Care

EMPLOYMENT

Making Spaces
Connexions
Signpost to Success
Worktrain
Jobcentre

FAMILIES

Family Focus
Family Mediation Service South
Staffordshire (Tamworth & Cannock)
Family Mediation (Walsall)
Codsall Parent's & Carer's Group
Homestart (Stafford)
Relate (South Staffs)
Relate (Stafford)
National Childbirth Trust (Stafford
and District Branch)
Play Away
Parentline Plus
Family Rights Group

HOUSING

Bromford Housing Group
The Bethany Trust
Brunel Court Very Sheltered Housing
Good Shepherd
Heanton Housing

Rethink Supported Housing
Furniture Exchange
South Staffs District Council
Stafford Hospital and Community
Friends
National Housing Federation

LEARNING DISABILITIES

Mid Staffs Mencap
Codsall Parent's & Carer's Group
WINGS (Wombourne Special Needs
Group)
Sibs
Mencap (National)

MISCELLEANOUS

Chase Advice Center
Health & Social Care Liaison Team
Stafford Samaritans
Wolverhampton Samaritans
Wombourne Citizens Advice Bureau
Penkridge Citizens Advice Bureau
Stafford Citizens Advice Bureau
Stafford District Voluntary Services
South Staffs Community Voluntary
Services
Voluntary Sector Council
National Citizens Advice
National Samaritans

RACE ISSUES

Race Equality west Midlands
Ethnic Minority Foundation

RURAL SUPPORT

Rural Emotional Support Team
Rural Stress Support Network
RuralMinds
Farm Crisis Network

SELF HARM

Echo Group
National Self Harm Network
Self-Injury and Related Issues

SELF HELP

Stafford Depression Self Help Group
Safe Watch
Patient UK
Mind

WOMEN

Stafford Women's Aid
Domestic Violence - Pathway Project
Emerge
Uttoxeter Mind Women in Action
Midstaffs Mind Women's group
Refuge

OTHER USEFUL WEBSITES

Anxiety Care
Manic Depression Fellowship
Borderline UK
British Association of Cognitive
Behavioural Therapists

The Alzheimer's Society
Depression Alliance
BBC Mental Health
The Mental Health Foundation
Mind
Sainsburys Centre for Mental Health
Staffordshire Mental Health
Norfolk Mental Health Care NHS
Trust Pharmacy site
Mentality
Expert Consensus Treatment
Guidelines for Obsessive-Compulsive
Disorder: A Guide for Patients and
Families
National Library of Medicine (NLM)
Medline Plus
National Phobics Society
The UK Trauma Group
Rethink
Schizophrenia.com
Shuteye.com

ABUSE

Local Organisations

Stafford Women's Aid 01785 608151
The Refuge / Office Hours Helpline 01785 608151
24 Hour Helpline (Samaritans) 01785 243333
The Outreach Project 01785 607828
Email: aathertonswa@aol.com
Young Person's Adviser 01785 600647
Resettlement and Floating Support Project 01785 607828
Run by women for women, aiming to provide information, advice, support, refuge and help with resettlement for women and their children experiencing or escaping domestic violence.



Domestic Violence - Pathway Project Helpline 01543 676800
P.O Box 41, Burntwood, Staffordshire, WS7 9YZ
🕒 Mon - Fri, 8.30am - 4.30pm
Email: kathcoe3000@hotmail.com
Website: www.pathway-project.co.uk
Offer support to women and children. Refuge accommodation is available for 5 families or single women. Ongoing support is available for as long as it is needed. We arrange therapeutic play sessions for children, access services in the community and work with outreach and after care children. Counselling can be arranged on a one to one basis. We have a confidential 24-hour helpline that offers help, advice, information and support for those suffering from domestic abuse. The project offers a new training programme, which helps to build self-confidence and encourages skills in all aspects of life from benefits, re-training and applying for jobs to first aid, shopping and budgeting. A self-help group runs four times a year. This challenges pre-conceived ideas about domestic abuse and acceptance of violence. We also run a weekly group of fun, crafts and other stimulating events. We offer training, which we can tailor to the needs of individual organisations.



Emerge

01785 225991

St Chad's, St George's Hospital, Corporation Street, Stafford, ST16 3AG

⌚ Mon, Wed, Thur, 10am - 1pm & 7.30pm - 10pm

Volunteers and professionals offering help to men and women over 16 years who have been sexually abused in childhood.



National Organisations

Refuge

24 Hour Helpline

0808 8004444

Email: info@refuge.org.uk

Website: www.refuge.org.uk

ADVOCACY

Local Organisations

ASIST

01785 221535

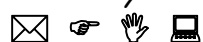
Room 26, Michael Flanagan, St George's Hospital, Corporation Street, Stafford,
ST16 3AG

🕒 24 Hour Answer Machine, Office Hours, Mon - Fri, 9am - 5pm

Email: stafford@asist.co.uk

Website: www.asist.co.uk

Independent agency that supports individuals in having their opinions & concerns heard by others.



ASIST

01543 468588

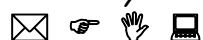
CVS Buildings, Arthur Street, Chadsmoor, Cannock, WS11 5HD

🕒 24 Hour Answer Machine, Office Hours, Mon - Fri, 8am - 4.30pm

Email: chadsmoor@asist.co.uk

Website: www.asist.co.uk

Independent agency that supports individuals in having their opinions & concerns heard by others.



Outreach & Advocacy Service

01902 457070

All Saints Haque Centre, 25/27 Vicarage Road, All Saints, Wolverhampton, WV2 1BZ

🕒 Mon - Fri, 12pm - 4pm

Email: info@thehaquecentre.co.uk

Provide advice on welfare issues, benefit, immigration and asylum issues, and employment training. Community development worker works with the community funded by local services. Serve in and around the Wolverhampton area.



South Staffordshire Network for Mental Health

01543 301139

Mansell House, 22 Bore Street, Lichfield, WS13 6LL

🕒 Mon - Fri, 9am - 5pm

Email: admin@ssnetwork.oceandial.net

Website: www.southstaffsnetwork.co.uk

Act as a voice to press for improvements in local mental health services and promote the interests and the rights of mental health services users in Southern Staffs.



National Organisations

United Kingdom Advocacy Network (UKAN)

Infoline (Mon - Fri, 10am - 4pm)

Email: office@u-kan.co.uk

0114 2728171

ALCOHOL & SUBSTANCE MISUSE

Local Organisations

Thornhurst Aquarius Alcohol & Counselling Centre

01902 420041

1 Connaught Road, Wolverhampton, WV1 4SJ

🕒 Mon - Fri, 9am - 4.30pm

Fully integrated day and residential services providing individual and group counselling, helping people find ways of coping without alcohol. Cover Wolverhampton, Walsall and surrounding areas.



Alanon

(Day) 01785 715391

St Chad's, St George's Hospital, Corporation Street, ST16 3AG(Night)01785 222254

🕒 Tue, 7.30pm - 9.30pm (8pm for newcomers)

Email: alanonuk@aol.com

Website: www.al-anonuk.org.uk

Support group for relatives and friends of alcoholics.



Alcohol & Drug Support Services in Staffordshire (ADSIS)

01785 224771

18 Martin Street, Stafford, ST16 2LG

🕒 Mon - Thur, 9.30am - 4.30pm, Fri, 9.30am - 4pm

Email: reception@adsis.org.uk

Offer free & confidential information & support to anyone affected by their own or someone else's drinking or substance misuse.



Alcohol Support Group (Mid Staffs Mind)

01785 257888

The Elms, Saint George's Hospital, Corporation Street, Stafford, ST16 3AG

🕒 Tue, 6pm - 7.30pm

A support group for people with, or who are affected by alcohol problems.



Staffordshire Alcohol Advice Service

01543 468667

Park House, 12 Park Rd, Cannock, WS11 1JN

Mon, Wed, Thur, 8.30am - 4.30pm, Tue, 8.30am - 8pm, Fri, 8.30 - 1pm

Joint venture between ADSIS and South Staffordshire, which offers support, counselling and medical input for those who require detox.



National Organisations

Alcoholics Anonymous

24 Hour Helpline

0845 7967555

Website: www.alcoholic-anonymous.co.uk

Talk to Frank

24 Hour Helpline

0800 776600

Email: frank@talktofrank.com

Website: www.talktofrank.com

BEREAVEMENT

Local Organisations

Penkridge Widows Club

01785 714157

Haling Dene Centre, Cannock Rd, Penkridge, ST19 5DT

🕒 Alternate Mondays, 10am - 12pm

Offer friendship and support for individuals who have been widowed.



Bereavement & Loss Support Services

01785 211734

Stafford & District Voluntary Services, 131 - 141 North Walls, Stafford, ST16 3AD

🕒 Mon - Fri, 10am - 12pm

Email: admin@blstafford.fsnet.co.uk

Skilled in listening and providing emotional support through a time of bereavement and loss, as well as practical help and information.



(Children under 13 to be referred by professionals)

Cruse Bereavement Care (Wolverhampton)

01902 851951

26 Sandy Lane, Brewood, ST19 9ET

🕒 24 Hour Answerphone

Information on all aspects of bereavement. Also offer a free counselling service.

Visit clients within their own homes.



National Association of Widows (Stafford Branch)

01785 663262

Trinity Church, Mount Street, Stafford, ST16 2BZ

🕒 1st Sat of every month, 2pm - 4pm

Email: office@nawidows.org.uk

Website: www.nawidows.org.uk

Offer a friendly helping hand to all widows and their families. Provide regular meetings, companionship of other widows and support to all members especially in times of difficulty or distress.



National Organisations

SANDS (Still Birth & Neonatal Death Society)

Helpline (Mon - Fri, 10am - 5pm)

0207 4365881

Email: support@uk-sands.org

Website: www.uk-sands.org

Compassionate Friends

Helpline (Mon - Fri, 10am - 4pm & 6.30pm - 10.30pm)

0845 123230

Email: info@tcf.org.uk

Website: www.tcf.org.uk

Cruse Bereavement Care

Helpline (Mon - Fri, 9am - 5pm)

0870 1671677

Helpline (Evenings, 5pm - 9pm, Sat, 3pm - 5pm, Sun, 3pm - 7pm)

0845 7585565

Email: info@crusebereavementcare.org.uk

Website: www.crusebereavementcare.org.uk

CARERS

Local Organisations

Carers Association Southern Staffordshire

01785 222518

The Carers Centre, Austin Friars, Stafford, ST17 4AP

🕒 Mon - Fri, 9am - 5pm

Email: carers@gn.apc.org

Website: www.carersinformation.org.uk

Advice, information and emotional support for carers, young and old. Provide respite care.



Codsall Parent's & Carer's Group

01902 843668

4 Red Rock Drive, Codsall, Wolverhampton, WV8 2EU

🕒 Mon - Fri, 9am - 5pm

Offer support for carers of people with learning disabilities. Also support carers of individuals with other illnesses, including Alzheimer's disease and Stroke victims.



Rethink Stafford & District Carers Support Group

01785 814214

Quest, Marston Drive, Stafford, ST16 3BU

🕒 Office Hours after 4pm & weekends. Meetings, 3rd Thur of every month, 7.30pm - 9pm

Website: www.rethinkcarers.org

A group where carers meet and support one another.



Staffordshire Mental Health Helpline

Tel 0808 800 2234

Freepost NAT 2244, S-O-T, ST1 5BR

🕒 Mon - Fri, 7pm - 12am, Weekends, 2pm - 12am

Email: staffordshire.helpline@virgin.net

Website: www.staffordshirehelpline.co.uk

Provide confidential support, understanding, information and advice to everyone.

Offer carers ring out service for people aged 16 plus.



National Organisations

Carers UK

Helpline (Mon & Thur, 10am - 12pm & 2pm - 4pm)

Email: info@ukcarers.org

Website: www.carersonline.org.uk

0207 4908818

CHILDREN & YOUNG PEOPLE

Local Organisations

Connexions

01785 356656

5 Hunters Row, Goalgate Place, Stafford, ST16 2AD

⌚ Mon, Wed, Thur, 9am - 5pm, Tue, 9am - 12.30pm, Fri, 9am - 4.30pm, Sat, 10am - 1pm

Email: info@cxstaffs.co.uk

Website: www.cxstaffs.co.uk

Help young people, aged 13-19 with learning, work, leisure and other important issues.



CHATS

Connexions, 5 Hunters Row, Goalgate Place, Stafford, ST16 2AD

⌚ Mon, 3.30pm - 5pm, Sat, 10am - 12pm

Stafford Central Clinic, North Walls, Stafford, ST16 3AD

01785 223099

⌚ Mon, Tue, 5.30pm - 7pm, Thur, 5.30pm - 7pm, Fri, 12pm - 1.30pm

Trentside Clinic, Stafford Road, Stone, ST15 0TT

01785 811471

⌚ Mon, 6pm - 7.30pm

Provide confidential help and advice for teenagers.



NSPCC Schools Counselling and Support Service

01902 747722

Tara House Schools Counselling & Support Service, Tara House, 102 Tettenhall Road, Wolverhampton, WV8 1PL

⌚ Mon - Fri, 9am - 5pm

Email: jquinn@nspcc.org.uk

Offer a school counselling and support service to pupils from 5 - 17 years old, in 12 schools across Wolverhampton. Parents/carers, children/young people, and school staff, can access the service. Runs at the following schools: - Alderly High School, The Kings School, Christ Church Infants, Dovecotes Primary School, Dunstall Hill Primary, Palmers Cross Primary, Priory Green Primary, St Andrew's Primary, St Jude's CE Primary, St Michaels CE Primary, West Park Primary.



Pro Mentoring East & West Midlands
MH YOI Swinfen Hall, Lichfield, WS14 9QS

01543 483601

🕒 Mon - Fri, 9am - 5pm

Email: aperry@sova24.fsnet.co.uk

Website: www.sova.org.uk

Aim to reduce re-offending. Support & empower young offenders and increase participation in the Princes Trust Volunteers Programme. Recruit and train volunteer mentors for young people who have offended and are interested in taking part in the PTVP.

✉ 🖱 🗣 📄

Staffordshire Mental Health Helpline

Tel 0808 800 2234

Freepost NAT 2244, S-O-T, ST1 5BR

🕒 Mon - Fri, 7pm - 2am, Sat - Sun, 2pm - 2am, 24 Hour Answer Machine

Email: staffordshire.helpline@virgin.net

Website: www.staffordshirehelpline.co.uk

Provide confidential support, understanding, information and advice to everyone.

Offer carers ring out service for people aged 16 plus.

? ✉ ⓘ 🖱 🗣 📄

National Organisations

Young Minds

Parents infoline (Mon & Fri, 10am - 1pm, Tue - Thur, 1pm - 4pm)

0800 0182138

Email: enquiries@youngminds.org.uk

Website: www.youngminds.org.uk

Childline

24 Hour Helpline

0800 1111

Email: info@childline.org.uk

Website: www.childline.org.uk

CRIME & VIOLENCE

Local Organisations

For your local police station please call:

08453 302010

Brewood Police Station

3 Church Road, Brewood, ST16 9BU

⌚ Hours vary

Codsall Police Station

Wolverhampton Road, Codsall, WV8 1PL

⌚ Hours vary

Kinver Police Station

High Street, Kinver, DY7 6EU

⌚ Hours vary

Penkridge Police Station

Haling Dene, Wolverhampton Road, ST19 5DR

⌚ Mon - Fri, 9am - 5pm, Sat, 9am - 1pm

Stafford Police Station

Eastgate Street, Stafford, ST16 2DQ

⌚ 24 hours

Wombourne Police Station

High Street, Wombourne, WV5 9EE

⌚ Hours vary

Hate Crime Officer

Stone Police Station, Radford Street, Stone, ST15 8DB

⌚ Mon - Fri, 8am - 4pm

Deal with any issues of hate crime including mental health.

01785 235986

Mid Staffs Victim Support (Covering the district council areas of South Staffs,
Stafford Borough and Cannock Chase) 01785 715666

Room 30, Haling Dene Centre, Cannock Road, Penkridge, ST19 5DT

🕒 Mon - Fri, 9am - 5pm. Volunteers also operate outside of office hours.

Email: tony.molloy@vsstaffs.org

Website: www.vsstaffs.org

*Offer practical help and emotional support to all victims of crime and their families.
Also provide support for families who have experienced bereavement through road
traffic accidents and industrial accidents. Support is provided to both males and
females irrespective of age.*



Staffordshire Police 08453 302010

Website: www.staffordshire.police.uk

National Organisations

Crimestoppers 0800 555111

Website: www.crimestoppers-uk.org

Victim Support

Helpline (Mon - Fri, 9am - 9pm, Weekends, 9am - 7pm) 0845 303090

Email: supportline@victimsupport.org.uk

Website: www.victimsupport.org.uk

DROP INS

Local Organisations

Mid Staffs Mind

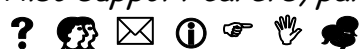
01785 257888

The Elms, St George's Hospital, Corporation Street, Stafford, ST16 3AG

🕒 Tue, Wed, Fri, 10.30am - 3pm, Sat, Trinity Church, Stafford, 10.30am - 1pm.

Email: mind@midstaffs.fsnet.co.uk

A safe place where people suffering from emotional or mental distress can come to receive support, information and advice on anything in relation to mental health issues, and to socialise and partake in activities such as relaxation, yoga and artwork. Also support carers, partners, and relevant friends.



Mid Staffs Mind

01543 462907

28 Manor Avenue, Cannock, WS11 1AA

🕒 Mon, Tue, Wed, Fri, Sat 10am - 3pm, Women's group, Thur, 12pm - 2pm

Email: mind@midstaffs.fsnet.co.uk

A safe place where people suffering from emotional or mental distress can come to receive support, information and advice on anything in relation to mental health issues, and to socialise and partake in activities. Also support carers, partners, and relevant friends. Cover counselling, support groups, and one-to-one support.



Mid Staffs Mind

The Welcome Centre, Community Centre, Wombourne WV5 9EZ

01902 326162

🕒 Fri, 2pm - 4pm

Email: mind@midstaffs.fsnet.co.uk

A safe place where people suffering from emotional or mental distress can come to receive support, information and advice on anything in relation to mental health issues, and to socialise and partake in activities. Also support carers, partners, and relevant friends. Cover counselling, support groups, and one-to-one support.



CHATS

Connexions, 5 Hunters Row, Goalgate Place, Stafford, ST16 2AD

🕒 Mon, 3.30pm - 5pm, Sat, 10am - 12pm

Stafford Central Clinic, North Walls, Stafford, ST16 3AD

01785 223099

🕒 Mon, Tue, 5.30pm - 7.00pm, Thur, 5.30pm - 7pm, Fri, 12pm - 1.30pm

Trentside Clinic, Stafford Road, Stone, ST15 0TT

01785 811471

🕒 Mon, 6pm - 7.30pm

Provides confidential help and advice for teenagers.



EATING DISORDERS

Local Organisations

Abacus (The Staffordshire Eating Disorders Network) 01889 568440
Uttoxeter Mind, 44 Carter Street, Uttoxeter, ST14 8EU
🕒 Mon - Fri, 9am - 4pm, Weekend, 10.30am - 3.30pm
Provide information, support and counselling for people with eating disorders.
? 📞 📧 🖐️

Overeaters Anonymous 01543 878007
Longford House, Watling St, Cannock, WS11 1AA
🕒 Meet Mon, 7.30pm
Meetings where overeaters can meet for support and to share personal experiences.
🖐️ 📞

National Organisations

Eating Disorders Association
Adult Helpline (Mon - Fri, 8.30am - 8.30pm, Sat, 1pm - 4.30pm) 0845 6341414
Youth Helpline (Mon - Fri, 4pm - 6.30pm, Sat, 1pm - 4.30pm) 0845 6347650
Email: helpmail@edauk.com (for adults), talkback@edauk.com (aged under 18)
Website: www.edauk.com

ELDERLY

Local Organisations

P.A.C.E 2000

01785 712008

Haling Dene Centre, Cannock Road, Penkridge, ST19 5DT

🕒 Fri, 1.15pm - 4pm

Aim to advance the education of people aged 50 and over, by raising awareness of healthy living through topics of general interest and the benefits of exercise. Also aim to prevent or reduce the risk of loss of independence and mobility, and improve the quality of life for older people, living in South Staffordshire. Services offered include: - exercise, lifestyle, and relaxation classes.

📞 📧 🖐️

Brewood Old People's Welfare Committee

01902 850421

11 Hall Farm Road, Brewood, ST19 9EZ

🕒 Mon - Fri, 9am - 5pm

Promote and assist the general good of all old people in Brewood, by providing facilities for physical and mental recreation, by endeavouring to relieve poverty, distress, and sickness.

📞 🖐️

Age Concern (South Staffordshire)

01902 851402

1 Stafford Street, Brewood, ST19 9DX

🕒 Office manned most mornings. 24 Hour Answer Machine.

Email: homehelp.brewood@acsouthstaffs.org.uk

Offer home help and practical services, for example, a cleaning service and a shopping service. Also offer advice.

📞 📧 🖐️

Age Concern Stafford & District

01785 607060

Bradbury House, Weston Road, Stafford, ST16 3RS

🕒 Office Hours, Mon - Fri, 8.30am - 4.30pm

Email: kt@ageconcernastafford.co.uk

Offer friendship, support, practical help and information to elderly people. Provide opportunities for people aged over 55 to make social contact, make friends, try new things and go on outings. Offer a garden maintenance service, handyman service, home care, volunteering and Christmas parties.

📞 😊 ✉️ 📞 🖐️

National Organisations

Age Concern England

Helpline (Everyday, 7am - 7pm)

0800 009966

Email: ace@ace.org.uk

Website: www.ageconcern.org.uk

Counsel and Care

Advice Line (Mon - Fri, 10am - 1pm)

0845 3007585

Email: advice@counselandcare.org.uk

Website: www.counselandcare.org.uk

EMPLOYMENT

Local Organisations

Making Space

01785 228622

Schott Building, Drummond Road, Astonfields Industrial Estate, Stafford, ST16 3EL

☎ Mon - Fri, 9am - 5pm

E-mail: staffordoptions@btconnect.com

Website: www.makingspace.co.uk

Support and advice on accessing employment, education, training, volunteering and leisure opportunities.



Connexions

01785 356656

5 Hunters Row, Goalgate Place, Stafford, ST16 2AD

☎ Mon, Wed, Thur, 9am - 5pm, Tue, 9am - 12.30pm, Fri, 9am - 4.30pm, Sat, 10am - 1pm

Email: info@cxstaffs.co.uk

Website: www.cxstaffs.co.uk

Help young people, aged 13-19 with learning, work, leisure and other important issues.



Signpost to Success

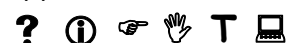
Helpline 0800 2980234

St Bernard's House, 23 Broad Street, Stafford, ST16 2DE

☎ Mon - Fri, 9am - 5pm

Website: www.staffssiag.com

Offer diagnostic services, information & advice on local learning & training provision, help and advice on funding issues, local childcare provision and disclosure issues facing ex-offenders. Also offer advice on building C.Vs, completing application forms, interview techniques, finding jobs and information and advice on voluntary opportunities.



National Organisations

Worktrain

Email: worktrain-team@dwp.qsi.gov.uk

Website: www.worktrain.gov.uk

Jobcentre

Infoline

Website: www.jobcentreonline.com

0800 353530

FAMILIES

Local Organisations

Family Focus

01543 570273

33 Park Road, Cannock, WS11 1JN

🕒 Mon - Fri, 9am - 2pm

Aim to help families through difficult times by developing skills they need to take control of their situation and improve the quality of life for the family.



Family Mediation Service (South Staffs)

(Tamworth) 19 Victoria Road, Tamworth, B79 7HU

01827 314020

(Cannock) 33 Park Road, Cannock, WS11 1JN

01543 472600

🕒 Mon - Fri, 9am - 5.30pm

Email: ssfmlescannock@hotmail.com

Impartial support for people who are in the process of separation or divorce.



Family Mediation in Walsall

01922 611966

15 Lower Hall Lane, Walsall, WS1 1RL

🕒 Mon - Fri, 9am - 5pm, Sat, 9am - 12pm

Email: BDFM@netcom.co.uk

Website: www.familymediationblackcountry.co.uk

Mediate between parents and others who are separating, divorcing etc, about children and money.



Codsall Parent's & Carer's Group

01902 843668

4 Red Rock Drive, Codsall, Wolverhampton, WV8 2EU

🕒 Mon - Fri, 9am - 5pm

Offer support for carers of people with learning disabilities. Also support carers of individuals with other illnesses, including Alzheimer's disease and Stroke victims.



Homestart (Stafford)

01785 244550

SDVS Centre, 131 - 141, North Walls, Stafford, ST16 3AD

🕒 Mon - Fri, 9am - 5pm

E-mail: ralph@home-startstafford.co.uk

Website: www.home-startstafford.co.uk

*Emotional and practical support for families who have a child under 5 years old.
Train volunteers to befriend families who have a child under 5 years.*



Relate South Staffs

01543 304858

22 Bore St, Lichfield, WS13 6LL

⌚ Mon - Thur, 9am - 9pm, Fri, 9am - 1pm

Trained counsellors help people with relationship problems, family problems, marriage counselling and sexual therapy.



Relate Stafford

01785 242779

SDVS Centre, 131 - 141 North Walls, Stafford, ST16 3AD

⌚ Office Hours, Mon - Fri, 9.30am - 12.30pm

⌚ Counselling Hours, Mon - Thur, 9.30am - 9pm, Fri, 9.30am - 4pm

Trained counsellors help people with relationship problems, family problems, marriage counselling and sexual therapy.



National Childbirth Trust (Stafford & District Branch)

01785 606670

SDVS, 131 - 141 North Walls, Stafford, ST16 3AD

⌚ Mon - Fri, 9am - 4.30pm

Offer information and support to couples and individuals, enabling them to have an experience of pregnancy, birth and early parenting that enriches their lives and provides a sound foundation for parenthood.



Play Away

01785 259410

The Community Council of Staffordshire, Friars Mill, Friars Terrace, ST17 4DX

⌚ Mon, Wed, Fri, 9.30am - 12.30pm, Tue, Thur, 1.30pm - 4.30pm, last Sat of every month, 10am - 2pm

Email: karen@staffs.org.uk

Website: www.play-away.org.uk

Provide a scrap store offering arts and crafts for children. Offer a toy hiring system and an arts and crafts shop. Also offer a free home delivery service.

✉️ 🗂️ (Small membership fee)

National Organisations

Parentline Plus

24 Hour Helpline

0808 8002222

Website: www.parentlineplus.org.uk

Family Rights Group

Advice Line (Mon - Fri, 10am - 12pm & 1.30pm - 3.30pm)

0800 7311696

Email: office@frg.org.uk

Website: www.frg.org.uk

HOUSING

Local Organisations

Bromford Housing Group

01902 378600

1 Venture court, Broadlands, Wolverhampton, WD10 6TB

🕒 Mon - Fri, 9am - 5pm

Website: www.bromford.co.uk

Provide quality homes and create communities where people really want to live.



The Bethany Trust

01785 610710

14a Newport Road, Stafford, ST16 2EX

🕒 Office Hours, Mon - Fri, 9am - 5pm

Email: cadams@bethanytrust.org.uk

Provide emergency and temporary accommodation and food for homeless single people. Also provide Lifeskills training.

👉 (Direct access hostel) 🖐️ T

Brunel Court Very Sheltered Housing

01902 893315

Mount Road, Wombourne, WV5 9EU

🕒 7 days a week, 8am - 10pm

Website: www.extracare.org.uk

Very Sheltered Housing scheme that enables older people who need care and support to live independently in a flat with their own furniture and their own kitchen and bathroom. They receive support from staff based at the scheme at any time in the day to suit their particular needs.



Good Shepherd

01902 773721

27 Thornley Street, Wolverhampton, WV1 1JS

🕒 24 Hours

A hostel for the homeless.



Heanton Housing

01902 571100

Heanton Housing Association, 3 Wellington Road, Billstone, WV4 6SZ

🕒 Mon - Fri, 9am - 1pm, 2pm - 5pm

Email: housing@heanton.co.uk

Rent properties for individuals with mental health needs and learning disabilities.



Rethink Supported Housing

01785 610555

125 Marston Road, Stafford, ST16 3BT

⌚ 24 Hours

Provide intensive supported housing for individuals with severe and enduring mental health problems. Also offer floating support to individuals living in their own accommodation.

**Furniture Exchange**

01785 606674

1 Sash Street, Stafford, ST16 2PS

⌚ Mon - Fri, 9am - 5pm

Email: furnex@btconnect.com

Supply donated furniture to those who need it. Provide a delivery service.

**South Staffs District Council**

01902 696000

South Staffs Council Offices, Codsall, Staffordshire, WV8 1PX

⌚ Mon, Wed, Thur, Fri, 8.45am - 5pm, Tue, 8.45am - 8pm, Sat, 9.30am - 1pm

Website: www.sstaffs.gov.uk

One stop shop that deals with benefits, council tax, housing benefits and rent allowance enquiries.

**Stafford Hospital & Community Friends**

01785 257888

The Elms, St George's Hospital, Corporation Street, ST16 3AG

⌚ Mon - Fri, 9am - 4pm

Email: sheilalugg@ssh-tr.nhs.uk

Provide supported housing for people with severe and enduring mental health needs.

**National Organisations****National Housing Federation**

Infoline

0207 0671010

Email: info@housing.orgWebsite: www.housing.org.uk

LEARNING DISABILITIES

Local Organisations

Mid Staffs Mencap

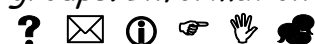
01785 244270

SDVS, 131 - 141 North Walls, Stafford, ST16 3AD

⌚ Mon - Fri, 9am - 5pm

Email: mencap@midstaffs.freeserve.co.uk

Provide advice, support and advocacy for people with learning disabilities, their families and carers. Run summer activity schemes, a siblings group and support groups. Information can be supplied on a variety of learning disability issues.



Codsall Parent's & Carer's Group

01902 843668

4 Red Rock Drive, Codsall, Wolverhampton, WV8 2EU

⌚ Mon - Fri, 9am - 5pm

Offer support for carers of people with learning disabilities. Also support carers of individuals with other illnesses, including Alzheimer's disease and Stroke victims.



WINGS: Wombourne Special Needs Group

01902 892222

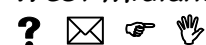
Shropshire House, Heath Mill Road, Wombourne, WV5 8AP

⌚ Mon - Fri, 10am - 2pm

Email: contact@wingsgroup.org.uk

Website: www.wingsgroup.org.uk

Support families of children and adults with Special Needs in Staffordshire and the West Midlands.



National Organisations

Sibs

Sibs Infoline (Thur & Fri, 10am - 4pm)

01904 550029

Email: info@sibs.org.uk

Website: www.sibs.org.uk

Mencap

24 Hour Infoline

0808 8081111

Email: help@mencap.org.uk

Website: www.mencap.org.uk

MISCELLEANOUS

Local Organisations

Chase Advice Centre

01543 578217

23 Park Rd, Cannock, WS11 1JN

🕒 Mon, Tue, Fri, 10am - 2pm

Similar to the Citizen Advice Bureau but do not advise on debt. Services include filling out forms for people and advice on most things.

? ⓘ 📧 🖐️

Health and Social Care Liaison Team

01543 303029

Mansell House, 22 Bore Street, Lichfield, WS13 6LL

🕒 Mon - Thur, 9am - 5pm, Fri, 9am - 4.30pm

Support the community and voluntary sector to input into health and social care throughout Southern Staffordshire.

Stafford Samaritans

01785 243333

Garden Street, Stafford, ST17 4DD

🕒 10.30am - 10pm, however, if calling out of these hours, calls will be answered by another branch 24 hours a day.

Email: jo@samaritans.org

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Facilities for visitors with disabilities: Wheelchair accessible.

Adapted toilet.

✉️ 📞 📧 🖐️ T

Wolverhampton Samaritans

01902 426422

New Hampton Road West, Whitmore Renes, Wolverhampton, WV6 0RU

🕒 24 Hours

Email: jo@samaritans.org

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. You don't have to be suicidal to call. We are here for you if you're worried about something, feel upset or confused, or you just want to talk to someone. Facilities for visitors with disabilities: Wheelchair accessible. Adapted toilet.

✉️ 📞 📧 🖐️ T

Wombourne Citizens Advice Bureau

01902 897757

Wombourne Civic Centre, Gravel Hill, WV5 9HA

⌚ Mon & Fri, 9.30am - 12.30pm

Offer a variety of information on issues including benefits claims, child support agencies, consumer rights, debt, divorce, employment legislation, housing and homelessness, law and legal rights, pensions, personal injury claims, redundancy and dismissal, unemployment and wills and many more.

**Penkridge Citizens Advice Bureau**

01785 716767

Haling Dene Centre, Cannock Road, Penkridge, ST19 5DT

⌚ Thur, 9.30am - 12.30pm

As Above.**Stafford Citizens Advice Bureau**

01785 258673

SDVS, 131 - 141 North Walls, Stafford, ST16 3AD

⌚ Mon, Tue, Fri, 10am - 2pm

As Above.**Stafford District Voluntary Services**

01785 606670

131 - 141 North Walls, Stafford, ST16 3AD

⌚ Mon - Fri, 8.30am - 5pm

Website: www.sdvs.org.uk

Support, promote and develop local voluntary and community action. Provide information, training, consultancy and practical help to local voluntary organisations.

**South Staffordshire Community Voluntary Services**

01902 851675

1 Stafford Street, Brewood, ST19 9DX

⌚ Mon - Thur, 9am - 5pm, Fri, 9am - 4.30pm

Email: volsec@sscvs.solis.org.ukWebsite: sscvs.org.uk

South Staffordshire council for voluntary service is an independent voluntary organisation that exists to support, develop and promote voluntary community action in South Staffordshire district.



Voluntary Sector Council

01902 571260

16 Temple Street, Wolverhampton, WV2 4AN

⌚ Mon - Thur, 9.30am - 4.30pm, Fri, 9am - 4pm

Provide information about local voluntary services. Involve service users in voluntary sector development.

? ⓘ ↗

National Organisations**National Citizens Advice**

Infoline

02890 231120

Email: info@citizensadvice.co.ukWebsite: www.citizensadvice.co.uk**National Samaritans**

Helpline

08457 909090

Email: jo@samaritans.orgWebsite: www.samaritans.org

RACE ISSUES

Local Organisations

Race Equality West Midlands

01902 572046

2 Clarence Road, Wolverhampton, WV1 4HZ

Email: wrec1@hotmail.com

Website: www.rewm.org/recwolv.htm

Provide advice and information, community advocacy, consultation and development.

Offer a complainant aid service and race and equal opportunity training. Also offer input into policy development around race issues.



National Organisations

Ethnic Minority Foundation

Infoline

0800 6520390

Email: enquiries@emf-cemvo.co.uk

Website: www.ethnicminorityfund.org.uk

RURAL SUPPORT

Local Organisations

Rural Emotional Support Team

01785 255305

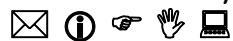
The Grandstand, Staffordshire County Showground, Weston Road, Stafford,
ST18 0BD

🕒 Mon - Fri, 9am - 5pm (Out of hours by prior arrangement)

E-mail: rest@ruralnet.org.uk

Website: www.ruralnet.org.uk/~rest

Emotional and practical support for people in the farming and agricultural community.



Rural Stress Support Network

08707 074445

Harper Adams University College, N P I Drive, Newport, TF10 8JD

🕒 Mon - Fri, 9am - 5pm & 24 Hour Answer Machine

E-mail: info@ruralstresswestmids.org.uk

Website: www.ruralstresswestmids.org.uk

Emotional and practical support for people in rural areas.



National Organisations

RuralMinds

Helpline (Mon - Fri, 9.15am - 5.15pm)

0845 766163

Email: contact@mind.org.uk

Website: www.mind.org.uk

Farm Crisis Network

Helpline (Everyday, 7am - 11pm)

07002 326326

Email: mail@fcn.org.uk

Website: www.farmcrisisnetwork.org.uk

SELF HARM

Local Organisations

Echo Group

07876 161356

The American Clubhouse, 144 - 148 Waterloo Road, Burslem, Stoke-on-Trent, ST6 3HB

🕒 8-week course looking at the feelings behind self harm - Mon, 1pm - 4pm, Drop in - Wed, 10am - 1pm, Helpline - Everyday, 8am - 8pm

Offer courses, drop ins, a helpline and information to individuals affected by self harm and eating disorders. For adults aged 18 and over. Younger individuals can receive telephone support and information, with parental permission. Offer training to professionals.



National Organisations

National Self Harm Network

Email: info@nshn.co.uk

Website: www.nshn.co.uk

Self-Injury and Related Issues

Website: www.siari.co.uk

SELF HELP

Local Organisations

Safe Watch (Uttoxeter Mind)

01889 568440

44 Carter Street, Uttoxeter, ST14 8EU

🕒 Mon - Fri, 9am - 4pm, Weekends, 10am - 3.30pm

Email: management@uttoxetermind.co.uk

Website: Safe Watch packs can be downloaded from www.uttoxetermind.co.uk

The Safe Watch Scheme was designed by people who have experienced long-term mental illness and helps to: - promote recovery and an improve quality of life; identify the things that keeps us well; identify the conditions that give us stress; understand the way stress affects us; identify our early signs of increasing stress; develop better strategies for coping with stress; build support networks with people we trust, and; manage the resources around us to avoid a crisis.

? ⓘ 👉 🤝

National Organisations

Patient UK

Website: www.patient.co.uk

Mind

Helpline (Mon - Fri, 9.15am - 5.15pm)

0845 7660163

Email: contact@mind.org.uk

Website: www.mind.org.uk

WOMEN

Local Organisations

Stafford Women's Aid

PO Box 104, Stafford, ST17 4UH

The Refuge / Office Hours Helpline

01785 608151

24 Hour Helpline (Samaritans)

01785 243333

The Outreach Project

01785 607828

Email: aathertonswa@aol.com

Young Person's Adviser

01785 600647

Resettlement and Floating Support Project

01785 607828

Run by women for women, they aim to provide information, advice, support, refuge and help with resettlement for women and their children experiencing or escaping domestic violence.

? ✉ ☎ ⓘ 📍 🤝

Domestic Violence - Pathway Project

01543 676800

P.O Box 41, Burntwood, Staffordshire, WS7 9YZ

01827 69154

🕒 Mon - Fri, 8.30am - 4.30pm

Email: kathcoe3000@hotmail.com

Website: www.pathway-project.co.uk

Offer support to women and children. Refuge accommodation is available for 5 families or single women. Ongoing support is available for as long as it is needed. We arrange therapeutic play sessions for children, access services in the community and work with outreach and after care children. Counselling can be arranged on a one to one basis. We have a confidential 24-hour helpline that offers help, advice, information and support for those suffering from domestic abuse. The project offers a new training programme, which helps to build self-confidence and encourages skills in all aspects of life from benefits, re-training and applying for jobs to first aid, shopping and budgeting. A self-help group runs four times a year. This challenges pre-conceived ideas about domestic abuse and acceptance of violence. We also run a weekly group of fun, crafts and other stimulating events. We offer training, which we can tailor to the needs of individual organisations.

? 📞 ✉ ☎ ⓘ 📍 🤝 T 📄

Emerge

01785 225991

St Chad's, St George's, Corporation Street, Stafford, ST16 3AG

🕒 Mon, Wed, Thur, 10am - 1pm & 7.30pm - 10pm

Volunteers and professionals offering help to men and women over 16 years who have been sexually abused in childhood.

? 😊 📞 📧 📧 📧

Uttoxeter Mind Women in Action

01889 568440

Uttoxeter Mind, 44 Carter Street, Uttoxeter, ST14 8EU

🕒 Thur, 6.45pm - 8.30pm

Email: management@uttoxetermind.co.uk

Website: www.uttoxetermind.co.uk

A relaxed group of women who meet regularly to discuss their feelings and problems, and to participate in a wide range of activities. Children, spouses and family in general, work, illness and debt affects us all in different ways and the support of an understanding group of friends can help turn difficulties into opportunities.

? 😊 📧 ⓘ 📧 📧

Mid Staffs Mind Women's group

01543 462907

28 Manor Avenue, Cannock, WS11 1AA

🕒 Thur, 12pm - 2pm

Email: mind@midstaffs.fsnet.co.uk

A relaxed group of women who meet regularly to discuss their feelings and problems, and to participate in a wide range of activities.

? 😊 📧 ⓘ 📧

National Organisations

Refuge

24 Hour Helpline

0808 8004444

Email: info@refuge.org.uk

Website: www.refuge.org.uk

OTHER USEFUL WEBSITES.....

ANXIETY

Anxiety Care

www.anxietycare.org.uk

BIPOLAR DISORDER

Manic Depression Fellowship

www.mdf.org.uk

BORDERLINE PERSONALITY DISORDER

Borderline UK

www.borderlineuk.co.uk

COGNITIVE BEHAVIOURAL THERAPY

British Association of Cognitive Behavioural Therapists

www.babcp.org.uk

DEMENTIA

The Alzheimer's Society

www.alzheimers.org.uk

DEPRESSION

Depression Alliance

www.depressionalliance.org

GENERAL MENTAL HEALTH

BBC Mental Health

www.bbc.co.uk/health/mental/

The Mental Health Foundation

www.mentalhealth.org.uk

Mind

www.mind.org.uk

Sainsburys Centre for Mental Health

www.scmh.org.uk

Staffordshire Mental Health

www.staffordshirementalhealth.info

MEDICATION

Norfolk Mental Health Care NHS Trust Pharmacy site

www.nmhct.nhs.uk/pharmacy

MENTAL HEALTH PROMOTION

Mentality

www.mentality.org.uk

OBSESSIVE COMPULSIVE DISORDER

Expert Consensus Treatment Guidelines for Obsessive-Compulsive Disorder: A Guide for Patients and Families

www.psychguides.com/oche.php

National Library of Medicine (NLM) MedlinePlus

www.nlm.nih.gov/medlineplus/obsessivecompulsivedisorder.html

PHOBIAS

National Phobics Society

www.phobics-society.org.uk

POST TRAUMATIC STRESS

The UK Trauma Group

www.uktrauma.org.uk

SCHIZOPHRENIA

Rethink

Schizophrenia.com

www.rethink.org

www.schizophrenia.com

SLEEP PROBLEMS

Shuteye.com

www.shuteye.com