

## HELP AND INFO DIRECTORY

The Samaritans  
023 8063 2888

Social Services  
023 8061 8722

Eastleigh Citizens Advice  
023 8061 3949

Rape Crisis  
023 8070 1213

Eastleigh Police  
0845 045 4545

Eastleigh Housing Advice  
023 8068 8165

Relate  
023 8022 9761

Victim Support  
023 8065 0306

@ease  
020 7330 9100  
[www.rethink.org@ease](http://www.rethink.org@ease)

The Alzheimer's Society  
020 7306 0606  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Childline  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Department of Health  
020 7210 4850  
[www.doh.gov.uk](http://www.doh.gov.uk)

Depression Alliance  
020 7210 4850  
[www.derpressionalliance.org](http://www.derpressionalliance.org)

Eating Disorders Association  
01603 619 090  
[www.edauk.com](http://www.edauk.com)

Options Alcohol & Drug Counselling  
and information service  
023 8063 0219

Manic Depression Fellowship  
020 7793 2600  
[www.mdf.org.uk](http://www.mdf.org.uk)

Mental Health Foundation  
020 7535 7400  
[www.mhf.org.uk](http://www.mhf.org.uk)

Mind  
08457 660 163  
[www.mind.org.uk](http://www.mind.org.uk)

National Children's Bureau  
020 7843 6000  
[www.ncb.org.uk](http://www.ncb.org.uk)

National Youth Agency  
0116 285 3700  
[www.nya.org.uk](http://www.nya.org.uk)

Pupil Line  
01473 400 100  
[www.pupiline.net](http://www.pupiline.net)

Rethink (formally NSF)  
020 7330 9100  
[www.rethink.org](http://www.rethink.org)

Youngminds  
020 7336 8445  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

mindout  
[www.mindout.net](http://www.mindout.net)

Age Concern  
0800 085 6625

Cruse-Bereavement Care  
023 8023 2500

Disability Advice and Info  
Network 023 8033 5473

LIFE pregnancy care  
023 8047 4314

### LOCAL ORGANSATIONS

**Brookvale Adolescent Service**, 30 Brookvale Road, Portswood, Southampton SO17 1QR, 023 8058 6154

**Community Mental Health Team**, Desborough House, 1 Desborough Road, Eastleigh SO50 5NY, 023 8061 5729

**Counselling and Therapy Centre for Women**, 168 Northam Road, Southampton SO14 0QF, 023 8023 3763

**Cruse**, Bereavement Care, 020 8 940 7638 [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

**Depression Alliance**, 35 Westminster Bridge Road, London SE1 7JB, 020 7633 0557, [www.depressionalliance.org](http://www.depressionalliance.org)

**Eating Disorders Association**, 15 Colebrook Avenue, Portsmouth PO3 6PS, 023 9266 6868  
<http://www.edauk.com/>

**Face to Face**, Town Centre, Eastleigh, 023 8027 4472

**Face to Face Youth Counselling**, 25 City Road, Winchester SO23 8SD, 01962 878300

**Kids Line**, Unit House, Maritime Way, Dock Gate 4, Southampton SO9 1PZ,

**Manic Depression Self Help Group, Solent**, 31 Whitehouse Gardens, Regents Park, Southampton SO15 0SB,  
023 8034 6463 [www.mdf.org.uk](http://www.mdf.org.uk)

**Solent Mind**, 54 Henstead Road, Southampton, Hants SO15 2DD, 023 8033 4977 [www.solentmind.org.uk](http://www.solentmind.org.uk)

**Rethink**, 17 Oxford, Street, Southampton, SO14 3DJ, 023 8082 2690 [www.rethink.org](http://www.rethink.org)

**No Limits**, 278 Shirley Road, Southampton, SO15 3HL, 023 8051 1051

**Relate Marriage Guidance, Southampton**, 3 Kings Park Road, Southampton, SO15 2AT, 023 8022 9761  
[www.relate.org.uk](http://www.relate.org.uk)

**Social Services, Eastleigh Area**, Russell House, 26/28 Romsey Road, Eastleigh SO50 9AN, 023 8061 8722

**Social Services, Hampshire**, Trafalgar House, The Castle, Winchester, SO23 8UQ 01962 841841

**Southampton Carers Association**, 31 Eastgate Street, Southampton, 023 8033 8804

**Substance Misuse Service**, Orion Centre, Dunbury way, Leigh Park, Havant, 023 92 451500

**Suicide Bereavement Support**, The Old Cottage, London Road, Kingsworthy, SO23 7QN,

**Youth Enquiry Line**, Aldershot Institute Social Club, Station Road, Aldershot, 01252 341717

## **NATIONAL ORGANISATIONS**

**Alcoholics Anonymous** [www.alcoholicsanonymous.org.uk](http://www.alcoholicsanonymous.org.uk)

**Gamblers Anonymous** [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**African-Caribbean Mental Health Association (ACMHA)** Suites 34 and 37, 49 Effra Road, Brixton, London SW2  
1BZ Tel: 020 7737 3603 Website: [www.directions-plus.org.uk](http://www.directions-plus.org.uk)

**African-Caribbean Mental Health Service Provides advocacy services**, Zion Community Health and Resource  
Centre, Hulme Clinic, Royce Road, Hulme, Manchester M15 5FQ Tel: 0161 226 9562

**Asian Men's Group** Culturally sensitive and appropriate counselling service for Asian men in a range of languages,  
offering support groups and social activities. Mandala Centre, Gregory Boulevard, Nottingham NG7 6LB Tel: 0115  
960 6082

**Black Mental Health Resource Centre (BMHRC)** Bushberry House, 4 Laurel Mount, St Mary's Road, Leeds LS7  
3JX Tel: 0113 237 4229

**Chinese Mental Health Association** 155 Curtain Road, London EC2A 3QY Tel: 020 7613 1008 website:  
[www.cmha.org.uk](http://www.cmha.org.uk)

**Turning Point**, [www.turning-point.org.uk](http://www.turning-point.org.uk)

**African Caribbean Mental Health Initiative**, 35-37 Electric Avenue, Brixton, London, SW9 8JP, 020 7 737 3603

**Age Concern England**, Astral House, 1268 London Road, London, SW16 4ER, 020 8 679 8000  
[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

**ADD Information Services (ADDISS)** Information and advice on attention deficit hyperactivity disorder (ADHD). 10 Station Road, Mill Hill, London NW7 2JU Tel: 020 8906 9068 Website: [www.addiss.co.uk](http://www.addiss.co.uk)

**Alzheimer's Disease Society**, Gordon House, 10 Greencoat Place, London, SW1P 1PH, 020 7 306 0606  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Alzheimer Scotland** - 22 Drumsheugh Gardens, Edinburgh EH3 7RN Tel: 0131 243 1453 Scottish Dementia Helpline: 0808 808 3000 (24 hours) Website: [www.alzscot.org](http://www.alzscot.org)

**Anti-Bullying Campaign**, 185 Tower Bridge Road, London SE1 2UF, 020 7 378 1446

**Anxiety Disorders Association (Anxia)**, 20 Church Street, Dagenham, RMO 9UR, 020 8 491 4700

**Association for Postnatal Illness**, 25 Jerdan Place, London, SW6 1BE, 020 7 386 0868 [www.apni.org](http://www.apni.org)

**@ease** Web-based resource for young people under stress or worried about their thoughts and feelings. National advice line: 020 8974 6814, Mondays, Wednesdays and Fridays - 10am to 3pm; Tuesdays and Thursdays - 10am to 1pm Website: [www.rethink.org/at-ease](http://www.rethink.org/at-ease)

**Battle Against Tranquillisers**, PO Box 658, Bristol BS99 1XP, 01272 663629

**British Association for Counselling**, 1 Regent Place, Rugby CV21 2PJ, 01788 550899

**British Association of psychotherapists**, 37 Mapesbury Road, London NW2 4HJ, 020 8 452 9823

**British Psychological Society**, St Andrews House, 48 Princess Road, East Leister LE1 7DR, 0116 254 9568

**Brook Advisory Centres**, 165 Grays Inn Road, London WC1X 8UD [www.brook.org.uk/content](http://www.brook.org.uk/content)

**Carer's National Association**, 20-25 Glasshouse Yard, London EC1A 4JS, 0202 7 490 8818, 020 7 490 8898

**Carers UK** . Ruth Pitter House, 20-25 Glasshouse Yard, London EC1A 4JT Tel: 020 7490 8818 Carersline: 0808 808 7777 Website: [www.carersonline.org.uk](http://www.carersonline.org.uk)

**CARELINE** Confidential telephone counselling for children, young people and adults on a variety of issues including family and relationship problems, child abuse, bullying, eating disorders, exam worries, sexual health and more. Cardinal Heenan Centre, 326 High Road, Ilford IG1 1QP Helpline: 020 8514 1177 (answerphone out of hours) Open: Monday to Friday - 10am to 4pm and 7pm to 10pm Website: [www.webhealth.co.uk](http://www.webhealth.co.uk)

**Child Bereavement Network** 8 Wakley Street, London EC1V 7QE Tel: 020 7843 6309 Website: [www.ncb.org.uk/cbn](http://www.ncb.org.uk/cbn)

**ChildLine** Free national helpline for children and young people in danger and distress. Freepost 1111, London N1 0BR Helpline: 0800 1111 (24 hours) Textphone: 0800 400 222 (Monday to Friday 9.30am to 9.30pm; Saturday to Sunday 9.30am to 8pm) Website: [www.childline.org.uk](http://www.childline.org.uk)

**CounsellingResource.com** information about counselling and psychotherapy <http://counsellingresource.com/>

**Crossroads caring for carers**, 01788 57 36 53 [www.crosroads.org.uk](http://www.crosroads.org.uk)

**Centre for Stress Management**, 156 Westombe Hill, London, SE3 7DH, 020 8 293 4114

**Depression Alliance**, 35 Westminster Bridge Road, London SE1 7JB [www.depressionalliance.org](http://www.depressionalliance.org)

**Drugline**, 9a Brockley Cross, London SE4 2AB, 020 8 692 4975

**Eating Disorders Association**, First Floor, wensum House, 103 Prince of Wales Road, Norwich NR1 1TW, 01603 621414 or 01603 619 090 [www.edauk.com](http://www.edauk.com)

**Families Anonymous**, Doddington & Rollo Community Association, Charlotte Despard Avenue, Battersea, London SW11 5JE, 020 7 498 4680/1990 [www.famanon.org.uk](http://www.famanon.org.uk)

**Hearing Voices Network**, c/o Creative Support, Dale House, 35 Dale Street, M1 2HF, 0161 228 3896 [www.hearing-voices.org](http://www.hearing-voices.org)

**Jewish Association for the Mentally Ill** 16a North End Road, London NW11 7PH Tel: 020 8458 2223 Fax: 020 8458 1117 Website: [www.mentalhealth-jami.org.uk](http://www.mentalhealth-jami.org.uk)

**Kidscape** (for children bullied at school) 020 7730 7081 [www.kidscape.org.uk](http://www.kidscape.org.uk)

**Manic Depression Fellowship**, 8-10 High Street, Kingston Upon Thames, Surrey KT1 1SS 020 8 974 6550 [www.mdf.org.uk](http://www.mdf.org.uk)

**Maytree** A sanctuary for the suicidal: a place where, during a brief stay, a person will find the support that can alleviate despair and isolation. Tel: 020 7263 7070 Website: [www.maytree.org.uk](http://www.maytree.org.uk)

**Mental Health Foundation**, 37 Mortimer Street, London W1N 8JU, 020 7 580 0145 [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mental Health Foundation**, Scotland Office 5th Floor, Merchants House, 30 George Square, Glasgow G2 1EG Tel: 0141 572 0125 Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**MACA** (mental After Care Association) 020 7061 3401 [www.maca.org.uk](http://www.maca.org.uk)

**Miscarriage Association**, c/o Clayton Hospital, Northgate Wakefield, WF1 3JS, 01924 200799 [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

**Mind Cymru** 3rd Floor, Quebec House, Castlebridge, 5-19 Cowbridge Road East, Cardiff CF11 9AB Tel: 029 2039 5123 Website: [www.mind.org.uk](http://www.mind.org.uk)

**National Association for Premenstrual Syndrome**, PO Box 72, Sevenoaks, Kent TN13 1QX, 01732 741709 [www.pms.org.uk](http://www.pms.org.uk)

**National Association of Bereavement Services**, 20 Norton Folgate, London E1 6DB, 020 7 247 1080

**National Association of Citizens Advice Bureaux (NACAB)**, 115-123 Pentonville Road, London N1 9LZ 020 7 833 2181 [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**National Family Mediation**, 9 Tavistock Place, London WC1H 9SN, 020 7 383 5993 [www.nfm.u-net.com](http://www.nfm.u-net.com)

**National Mind**, Granta House, 15-19 Broadway, Stratford, London 020 8 519 2122 [www.mind.org.uk](http://www.mind.org.uk)

**Open Door Association (Agoraphobia)**. Send a SAE. 447 Pensby Road, Heswall, Wirral, Merseyside L61 9PQ

**OCD Action** OCD Action is the national charity for people with obsessive compulsive. Aberdeen Centre, 22-24 Highbury Grove, London N5 2EA Tel: 0207 226 4000 Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

**OCD UK** OCD-UK, PO Box 8115, Nottingham NG7 1YT Tel: 0870 126 9506 Website: <http://www.ocduk.org>

**No Panic**, 93 Brands Farm Way, Randley, Telford, Shropshire, 01952 590545 [www.nopanic.org.uk](http://www.nopanic.org.uk)

**Pax (incorporating Agoraphobia Information Service)** Information and advisory service for people who experience panic attacks, phobias and anxiety. 4 Manorbrook, London SE3 9AW Website: [www.panicattacks.co.uk](http://www.panicattacks.co.uk)

**National Phobic Society** Zion Community Resource Centre, 339 Stretton Road, Hulme, Manchester M15 4ZY Tel: 0870 7700 456 Website: [www.phobics-society.org.uk](http://www.phobics-society.org.uk)

**National Self-Harm Network**. PO Box 16190, London NW1 3WW Website: [www.nshn.co.uk](http://www.nshn.co.uk)

**LifeSIGNS** Voluntary organisation that aims to support people affected in any way by self injury within the UK and beyond. Website: [www.lifesigns.org.uk](http://www.lifesigns.org.uk)

**Northern Ireland Association for Mental Health** Voluntary organisation concerned with aspects of mental health. 80 University Street, Belfast BT7 1HE Tel: 028 9032 8474 Fax: 028 9023 4940 Website: [www.niamh.co.uk](http://www.niamh.co.uk)

**PAPYRUS** (prevention of suicides) 01706 214 449 [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Pre-Retirement Association**, Nodus Centre, University Campus, Guildford, Surrey GU2 5RX, 01483 259 747

**Premenstrual Society**, PO Box 429, Addlestone, Surrey KT15 1DZ, 01932 872560

**Refugee Council** Provides information on mental health services to refugees and their advisers. 3 Bondway, London SW8 1SJ Tel: 020 7820 3000 Website: [www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

**Relate National Marriage Guidance**, Herbert Gray College, Little Church Street, Rugby CV21 3AP, 01788 573241 [www.relate.org.uk](http://www.relate.org.uk)

**Royal College of Psychiatrists**, 17 Belgrave Square, London SW1X 8PG, 020 7 235 2351

**SAD** Association Information, newsletter and support for Seasonal Affective Disorder. PO Box 989, Steyning, West Sussex BN44 3HG Tel: 01903 814942 Website: [www.sada.org.uk](http://www.sada.org.uk)

**Samaritans**, 10 The Grove, Slough SL1 1QP, 01753 532713, Helpline 0345 909090 [www.samaritans.org.uk](http://www.samaritans.org.uk)

**Sainsburies Centre for Mental Health**, 020 7403 8790 [www.scmh.org.uk](http://www.scmh.org.uk)

**Saneline**, 2<sup>nd</sup> Floor, 199-205 Old Marylebone Road, London NW1 5QP Helpline 020 7 724 6570, 0845 678000 [www.sane.org.uk](http://www.sane.org.uk)

**Seasonal Affective Disorder (SAD) Association**, PO Box 989, Steyning BN44 3HG, 01903 814942 [www.sada.org.uk](http://www.sada.org.uk)

**SupportLine** Offers confidential emotional support for children, young adults and adults. PO Box 1596, Ilford IG1 3FW Tel: 0208 554 9004 Website: [www.supportline.org.uk](http://www.supportline.org.uk)

**Young Minds** Young Minds is a unique national charity working to promote the mental health and emotional wellbeing of children and young people. 102-108 Clerkenwell Road, London EC1M 5SA Tel: 020 7336 8445 Parents' information service: 0800 018 2138 Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Triumph Over Phobia (TOP UK)** Send an sae for information. PO Box 1831, Bath BA2 4YW Tel: 08456 009601 Website: [www.triumphoverphobia.com](http://www.triumphoverphobia.com)

**Vietnamese Mental Health Services** Helps Vietnamese people in London gain access to mainstream mental health services. Thomas Carlton Centre, Alpha Street, Peckham, London SE15 4NX Tel: 020 7639 2288

**Vishvas (Asian Women's Mental Health)** Confidential advice and support to women of Asian origin in Southwark and Lambeth. Confederation of Indian Organisations (UK), 5 Westminster Bridge Road, London SE1 7XW Tel: 020 7928 9889 Website: [www.cio.org.uk](http://www.cio.org.uk)

**Zito Trust**, Box 265, London WC2H 9JD, 020 7 240 8422 [www.zitotrust.co.uk](http://www.zitotrust.co.uk)

**ALL INFORMATION CORRECT AT TIME OF PRINTING**  
**Information on recovery can be found at:**

[www.training.hantspt.nhs.uk](http://www.training.hantspt.nhs.uk) (PIP based on WRAP Wellness Recovery Action Plan)

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

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

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

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

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

<http://www.hants.gov.uk/socservs/mentalhealth/training.html>

<http://www.rethink.org/recovery/>

<http://www.mentalhealth.org/publications/allpubs/NMH05-0193/default.asp>

<http://www.tidal-model.co.uk/>

<http://www.samh.org.uk/thepoint/winter2003/recovery2.html>

<http://www.mhc.govt.nz/pages/publications.htm>

[http://www.mhc.govt.nz/publications/2001/Recovery\\_Compencies.pdf](http://www.mhc.govt.nz/publications/2001/Recovery_Compencies.pdf)

<http://nami-mercernj.org/resource/An%20Empowerment%20Model%20of%20Recovery%20From%20Severe%20Mental%20Illness.htm>

<http://www.mmha.org.au/MMHAPublications/Synergy/2004No3/Whatisrecovery/view>

<http://www.nimhe.org.uk/downloads/Best%20Practices%20in%20MH%20Recovery%20Poster.pdf>

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