

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

The Alzheimer's Society
020 7306 0606
www.alzheimers.org.uk

Childline
0800 1111
www.childline.org.uk

Department of Health
020 7210 4850
www.doh.gov.uk

Depression Alliance
020 7210 4850
www.derpressionalliance.org

Eating Disorders Association
01603 619 090
www.edauk.com

Options Alcohol & Drug Counselling
and information service
023 8063 0219

Manic Depression Fellowship
020 7793 2600
www.mdf.org.uk

Mental Health Foundation
020 7535 7400
www.mhf.org.uk

Mind
08457 660 163
www.mind.org.uk

National Children's Bureau
020 7843 6000
www.ncb.org.uk

National Youth Agency
0116 285 3700
www.nya.org.uk

Pupil Line
01473 400 100
www.pupiline.net

Rethink (formally NSF)
020 7330 9100
www.rethink.org

Youngminds
020 7336 8445
www.youngminds.org.uk

mindout
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

Depression Alliance, 35 Westminster Bridge Road, London SE1 7JB, 020 7633 0557, 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

Solent Mind, 54 Henstead Road, Southampton, Hants SO15 2DD, 023 8033 4977 www.solentmind.org.uk

Rethink, 17 Oxford, Street, Southampton, SO14 3DJ, 023 8082 2690 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

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

Gamblers Anonymous 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

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

Turning Point, 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

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

Alzheimer's Disease Society, Gordon House, 10 Greencoat Place, London, SW1P 1PH, 020 7 306 0606
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

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

@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

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

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

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

Child Bereavement Network 8 Wakley Street, London EC1V 7QE Tel: 020 7843 6309 Website: 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

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

Crossroads caring for carers, 01788 57 36 53 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

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

Families Anonymous, Doddington & Rollo Community Association, Charlotte Despard Avenue, Battersea, London SW11 5JE, 020 7 498 4680/1990 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

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

Kidscape (for children bullied at school) 020 7730 7081 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

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

Mental Health Foundation, 37 Mortimer Street, London W1N 8JU, 020 7 580 0145 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

MACA (mental After Care Association) 020 7061 3401 www.maca.org.uk

Miscarriage Association, c/o Clayton Hospital, Northgate Wakefield, WF1 3JS, 01924 200799
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

National Association for Premenstrual Syndrome, PO Box 72, Sevenoaks, Kent TN13 1QX, 01732 741709
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

National Family Mediation, 9 Tavistock Place, London WC1H 9SN, 020 7 383 5993 www.nfm.u-net.com

National Mind, Granta House, 15-19 Broadway, Stratford, London 020 8 519 2122 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

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

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

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

National Self-Harm Network. PO Box 16190, London NW1 3WW Website: 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

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

PAPYRUS (prevention of suicides) 01706 214 449 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

Relate National Marriage Guidance, Herbert Gray College, Little Church Street, Rugby CV21 3AP, 01788 573241 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

Samaritans, 10 The Grove, Slough SL1 1QP, 01753 532713, Helpline 0345 909090 www.samaritans.org.uk

Sainsburies Centre for Mental Health, 020 7403 8790 www.scmh.org.uk

Saneline, 2nd Floor, 199-205 Old Marylebone Road, London NW1 5QP Helpline 020 7 724 6570, 0845 678000 www.sane.org.uk

Seasonal Affective Disorder (SAD) Association, PO Box 989, Steyning BN44 3HG, 01903 814942 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

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

Triumph Over Phobia (TOP UK) Send an sae for information. PO Box 1831, Bath BA2 4YW Tel: 08456 009601 Website: 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

Zito Trust, Box 265, London WC2H 9JD, 020 7 240 8422 www.zitotrust.co.uk

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

www.training.hantspt.nhs.uk (PIP based on WRAP Wellness Recovery Action Plan)

www.nmha.org

www.mentalhealthrecovery.com

www.nimhe.org.uk

www.mind.org.uk

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://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>

ALL INFORMATION CORRECT AT TIME OF PRINTING