

Useful Sources of Support

Asian Counselling

Asian Family Counselling Service (AFCS)

Well established national charity, set up to fulfill the needs of Asian families by providing a culturally sensitive marriage counselling for individuals, couples and families of Asian communities. They adhere to the British Association of Counselling and Psychotherapy (BACP) code of ethics.

They provide confidential and culturally appropriate counselling. The following languages are spoken: English, Hindi, Urdu, Punjab

Address (Middlesex): Suite 51
Windmill Place
2-4 Windmill Lane
Southall
Middlesex UB2 4NJ

Telephone 020 8571 3933
Mon - Fri 10.00am - 5.00pm

Address (Birmingham): 1 Hampton Court,
George Road
Edgbaston,
Birmingham
West Midlands B15 1PU

Telephone: Phone/ Fax : 0121 454 1130
Best time to telephone: 9.00am - 5.00pm, Monday - Friday

Email: [:afcs@btconnect.com](mailto:afcs@btconnect.com)

Website: www.asianfamilycounselling.org.uk

Children and Young Adults

Young Minds

This charity provides information that helps children and young people cope with difficult feelings.

Email: Enquiries@youngminds.org.uk

Website: www.youngminds.org.uk/childen

Careline

Confidential crisis telephone service for children, young people and adults

Address: Cardinal Heenan Centre
326-328 High Road
Ilford
Essex
IG1 1QP

Telephone: 0208 514 5444
Helpline: 0845 1228622

Email: info@carelineuk.org

Website: www.carelineuk.org

ChildLine

Freephone helpline for children and young people (open 24 hours a day).

Address: Freepost 1111,
London N1 0BR

Helpline: 0800 1111

Website: www.childline.org.uk

National Society for the Prevention of Cruelty to Children (NSPCC)

Specialising in the protection of children and prevention of cruelty to children

Address: Weston House,
42 Curtain Road,
London EC2A 3NH

Telephone: If you are worried about a child: 0808 800 5000
If you are a child: 0800 1111

Helpline: 0800 056 0566

Website: help@nspcc.org.uk

SupportLine

We offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life.

Address PO Box 1596
Ilford
Essex, IG1 3FW

Helpline 01708 765200

Website: www.supportline.org.uk.

Youth2Youth

A telephone and email helpline run by young people for young people between the ages of 11 to 19 years. All problems, whether small or big, will be answered with the same level of care and concern. Each call will be treated confidence and the caller can remain anonymous.

Helpline: 020 8896 3675
(Not for emergencies) Lines open: Mon & Thurs 6.30pm-9.30pm

Email: Follow the links on the website

Online chat: Monday to Thursday 6.30 p.m. to 9.30 p.m.

Website: www.youth2youth.co.uk/

Crisis Lines

Samaritans

Samaritans provides confidential, non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Helpline: 08457 909090

Website: www.samaritans.org.uk

Family Matters

Counselling support for sexual abuse survivors for both adults and children

Address: 5 Manor Road,
Gravesend
Kent DA12 1AA

Helpline: 01474 537392

Website: www.familymattersuk.org/counselling

Domestic Violence and Abuse (Cultural)

Asian Women's Resource Centre

Providing emergency support by prioritizing women who are emotionally distressed and those who need immediate referral to refuge. This also involves crucial initial, and if necessary, ongoing support over the phone

Telephone: Tel 020 8961 5701

Email: Email: asianwomencentre@aol.com

Website: www.asianwomencentre.org.uk

Domestic Violence and Abuse (Elderly people)

Action on Elder Abuse

Information and support for older people experiencing abuse or people who have witnessed abuse

Helpline operates Monday to Friday, 10.30am to 4.00pm

Telephone Helpline: 0808 808 8141

Email Email : enquiries@elderabuse.org.uk

Website www.elderabuse.org.uk

Domestic Violence and Abuse (General)

Victim Support

A national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected across England and Wales.

Address: Cranmer House,
39 Brixton Road,
London SW9 6DZ

Helpline: 0845 3030900

Web www.victimsupport.org

WITNESS against abuse by health and care workers

WITNESS aims to help people who have been abused by health and care workers and works to prevent abuse. They provide a helpline, complaints advocacy and telephone support services for people who have been physically, emotionally/psychologically, sexually or financially abused. They can also offer information and guidance to 'concerned others' who know or believe that such abuse is occurring.

Address: Delta House
175-177 Borough High Street
London
SE1 1HR

Helpline: 08454 500 300

Email: Email: info@professionalboundaries.org.uk

Respect

Respect is a service for men who are looking for advice on how to stop their abusive or violent behaviour towards their partners. A phone interpreting service is available to those who don't speak English. The helpline is open Monday, Wednesday and Friday, 10am to 12pm, and Tuesday, 2pm to 5pm

Address: PO Box 34434,
London W6 0YS

Helpline 0845 1228609

Email: info@respect.uk.net

Address: www.respect.uk.net

Domestic Violence and Abuse (Men)

Men's Advice Line

The Men's Advice Line is a confidential helpline for all men experiencing domestic violence by a current or ex-partner. This includes all men - in heterosexual or same-sex relationships.

There is a lot of useful information on their website and they also have language and translation services. The helpline also provides support to families and friends of men who are victims of domestic violence.

Telephone: Tel: 0808 801 0327 (free from most landlines and mobile phones)

Website: www.mensadvice.org.uk

The Mankind Initiative Help-Line

The ManKind Initiative is a charity that provides a help-line service for male victims of domestic abuse or domestic violence. Men are given the chance to talk about their experience and are helped on what action they need to take. We can also refer men to other specialist services.

Address: Flook House
Belvedere Road
Taunton
Somerset
TA1 1BT

Telephone: Tel: 01823 334244

Email: admin@mankind.org.uk

Website: www.mankind.org.uk

Domestic Violence and Abuse (Women)

Women's Aid

Run in partnership between Women's Aid and Refuge

24 hour Freephone: 0808 2000 247

Email: helpline@womensaid.org.uk

Website: www.womensaid.org.uk

Rights of Women

Advice on family law matters, including domestic violence. Free legal advice for women by women.

Address: 52–54 Featherstone
Street, London
EC1Y 8RT

Legal Advice Line (020) 7251 6577

**Sexual Violence Legal
Advice Line** (020) 7251 8887

Email: (020) 7490 2562

Website: www.rightsofwomen.org.uk

General

British Association of Counselling and Psychotherapy.

The BACP enables people to find a suitable counsellor in an area close to their own home.

Address: British Association for Counselling and
Psychotherapy
BACP House
15 St John's Business Park
Lutterworth
Leicestershire LE17 4HB

General Enquiries: 01455 883300

Website: www.bacp.co.uk

British Association for Relationship and Sexual Counselling (BASRT)

If you have a sexual or relationship problem and are unable to find a suitable counsellor, it might help to find a therapist through this Association.

Address:

Telephone: 020 8543 2707

Email: Info@basrt.org.uk

Website: www.bart.org.uk

Parents

Gingerbread

Support for lone parent families providing support with opportunities through a network of local groups, family service projects, and an individual membership scheme.

Address: 1st floor, 7 Sovereign
Close, Sovereign Court,
London E1W 3HW

Telephone: 0800 018 4318

Email: office@gingerbread.org.uk

Website: www.gingerbread.org.uk

Parentline Plus

A leading national charity which provides help and support to anyone caring for children – parents, grandparents, step-parents, relatives – for families living together as well as apart.

They have a highly trained team of parents who understand everyday challenges, and will advise families on issues big and small.

Helpline (24 hours) 0808 800 2222

Website: www.parentlineplus.org.uk

Young Minds

YoungMinds provides a telephone helpline service to parents with a concern about their child's emotional problems or behaviour. Parents Helpline can help you with a variety of concerns about your child, including depression, behavioural problems, anxiety.

Address: 48 -50 St John Street
London
EC1M 4DG

Parents Helpline 0800 018 2138

Lines open: Mon to Fri
10am-4pm & 6pm-8pm on
Wednesday

020 7336 8445

General enquiries:

Email: Enquiries@youngminds.org.uk

Intercultural Counselling

Asian People's Disability Alliance

APDA's aim is to provide a full range of the highest level of services to disabled people, their families and their carers, based on their specific personal, cultural and community needs. It is led and managed by Asian People with disabilities.

Address: Suite 1, 4th Floor, Alperton House, Bridgewater
Road, Wembley HA0 1EH

Telephone: Tel: 020 8902 2113 / 020 8902 2083

Email: apdmcha@aol.com

Website: www.apda.org.uk

Nafsiyat Intercultural Therapy Centre

The charity's main work is providing psychotherapy and counselling services to members of cultural minority groups. Staff at Nafsiyat includes analytically and psychodynamically trained psychotherapists and counsellors. Current languages spoken are Arabic, Bengali, Turkish, Greek, Farsi and Japanese. However these languages fluctuate with changes in staff.

Address: Unit 4
Clifton House
42/43 Clifton Terrace
London N4 3JP

Telephone: Tel: 020 7263 6947

Email: admin@nafsiyat.org.uk

Website: www.nafsiyat.org.uk

Road Traffic Accidents

RoadPeace

The aftermath of a road crash can be devastating, both physically and mentally. RoadPeace understand that talking to someone who has been there and survived, can often provide a lifeline.

Address: G4b Shakespeare Business Centre
245a Cold Harbour Lane,
Brixton
London
SW9 8R

Helpline: 0845 4500 355, Lines open: 7 days a week 9am-9pm

Email: helpline@roadpeace.org or www.roadpeace.org

Website: www.roadpeace.org

Support and Care After Road Death & Injury (S.C.A.R.D)

Support and relief from distress for people who have been bereaved, injured or affected by road death or injury. A telephone help-line, support groups, meetings and a personal support system are provided

Address: PO Box No.62, Brighthouse, HD6 3YY

Helpline: :0845 123 5541 / 2, Lines Open: 7 days a week 9am-9pm

Email: info@scard.org.uk

Website: www.scard.org.uk

