**Signposting Document for Support Organisations**

At The Mediators, we understand that individuals may require support in various aspects of life. This document provides contact details and information for support organisations across different categories, including mental health, sexual health, support for women, men, children, substance abuse, financial help, and age-related support. We hope these resources offer you the assistance you need.

**1. Mental Health Support**

**Mind**

- Description: A mental health charity offering information, support, and local services for those affected by mental health issues.

- Website: [www.mind.org.uk](https://www.mind.org.uk)

- Phon\*: 0300 123 3393

- Text: 86463

**Samaritans**

- Description: Provides confidential emotional support for anyone in distress or at risk of suicide, 24 hours a day.

- Website: [www.samaritans.org](https://www.samaritans.org)

- Phone: 116 123 (free 24/7)

**Rethink Mental Illness**

- Description: Supports people affected by severe mental illness and provides advice and information.

- Website: [www.rethink.org](https://www.rethink.org)

- Phone: 0808 801 0525 (Advice Line)

**2. Sexual Health Support**

**Brook**

- Description: Provides free and confidential sexual health services for under-25s, including advice on contraception and STIs.

- Website: [www.brook.org.uk](https://www.brook.org.uk)

- Phone: 0808 802 1234

**FPA (Sexual Health & Wellbeing)**

- Description: Provides resources and advice on sexual health, contraception, and family planning.

- Website: [www.fpa.org.uk](https://www.fpa.org.uk)

**Terrence Higgins Trust**

- Description: Offers support, advice, and information on sexual health, particularly focusing on HIV and STIs.

- Website: [www.tht.org.uk](https://www.tht.org.uk)

- Phone: 0808 802 1221

**3. Women’s Support**

**Women’s Aid**

- Description: A national charity working to end domestic abuse against women and children. Provides refuge services and advice.

- Website: [www.womensaid.org.uk](https://www.womensaid.org.uk)

- Phone: 0808 2000 247 (National Domestic Abuse Helpline, 24/7)

**Refuge**

- Description: Provides specialist support for women and children experiencing domestic violence.

- Website: [www.refuge.org.uk](https://www.refuge.org.uk)

- Phone: 0808 2000 247 (24/7 Helpline)

**The Pankhurst Trust**

- Description: Provides support to women and families who have experienced domestic violence.

- Website: [www.pankhursttrust.org](<https://www.pankhursttrust.org>)

**4. Men’s Support**

**Mankind Initiative**

- Description: A charity supporting men who are victims of domestic violence, providing emotional and practical support.

- Website: [www.mankind.org.uk](https://www.mankind.org.uk)

- Phone: 01823 334244 (Helpline)

**CALM (Campaign Against Living Miserably)**

- Description: A leading movement to prevent male suicide in the UK by offering support to men of all ages.

- Website: [www.thecalmzone.net](https://www.thecalmzone.net)

- Phone: 0800 58 58 58 (Daily, 5pm – Midnight)

**Families Need Fathers**

- Description: Supports dads, mums, and grandparents to maintain meaningful relationships with their children after separation.

- Website: [www.fnf.org.uk](https://www.fnf.org.uk)

- Phone: 0300 0300 363

**5. Children and Young People’s Support**

**Childline**

- Description: A free, private, and confidential service for children and young people to talk about any issues they are facing.

- Website: [www.childline.org.uk](https://www.childline.org.uk)

- Phone: 0800 1111

**NSPCC**

- Description: A charity fighting to end child abuse in the UK and providing support to children and families.

- Website: [www.nspcc.org.uk](https://www.nspcc.org.uk)

- Phone: 0808 800 5000 (Helpline)

**YoungMinds**

- Description: A leading charity promoting the mental health of children and young people.

- Website: [www.youngminds.org.uk](https://www.youngminds.org.uk)

- Parent Helpline: 0808 802 5544

**6. Drug and Alcohol Support**

Alcoholics Anonymous (AA)

- Description: A fellowship of individuals helping each other recover from alcoholism.

- Website: [www.alcoholics-anonymous.org.uk](https://www.alcoholics-anonymous.org.uk)

- Phone: 0800 9177 650

**Narcotics Anonymous (NA)**

- Description: A support group for people recovering from drug addiction.

- Website: [www.ukna.org](https://www.ukna.org)

- Phone: 0300 999 1212 (Helpline)

**Frank**

- Description: Provides advice and information for those worried about drugs or alcohol use.

- Website: [www.talktofrank.com](https://www.talktofrank.com)

- Phone: 0300 123 6600

- ext: 82111

**Financial Support**

**Citizens Advice**

- Description: Offers free advice on a wide range of issues, including debt, benefits, employment, and housing.

- Website: [www.citizensadvice.org.uk](https://www.citizensadvice.org.uk)

- Phone: 0800 144 8848 (England) / 0800 702 2020 (Wales)

**StepChange Debt Charity**

- Description: Provides free, confidential advice and practical solutions for dealing with debt.

- Website: [www.stepchange.org](https://www.stepchange.org)

- Phone: 0800 138 1111

**Turn2us**

- Description: A charity that helps people in financial hardship access welfare benefits, charitable grants, and support services.

- Website: [www.turn2us.org.uk](https://www.turn2us.org.uk)

**8. Age-Related Support**

**Age UK**

- Description: Provides information, advice, and support services for older people, including advice on health, care, and financial wellbeing.

- Website: [www.ageuk.org.uk](https://www.ageuk.org.uk)

- Phone: 0800 678 1602

**The Silver Line**

- Description: A free, confidential helpline providing friendship, advice, and information for older people, available 24/7.

- Website: [www.thesilverline.org.uk](https://www.thesilverline.org.uk)

- Phone: 0800 4 70 80 90

**Independent Age**

- Description: A charity providing information and advice for older people, their families, and carers, covering care, benefits, and health.

- Website: [www.independentage.org](https://www.independentage.org)

- Phone: 0800 319 6789

**Contact the Elderly**

- Description: A UK charity that combats loneliness and social isolation among older people by organising free monthly tea parties.

- Website: [www.contact-the-elderly.org.uk](https://www.contact-the-elderly.org.uk)

- Phone: 0800 716 543

**9. General Support**

**The Samaritans (General)**

- Description: In addition to their mental health support, Samaritans offer a free helpline for anyone needing emotional support.

- Website: [www.samaritans.org](https://www.samaritans.org)

- Phone: 116 123 (free, 24/7)

**The Trussell Trust**

- Description: A charity working to stop hunger and poverty, supporting a network of food banks across the UK.

- Website: [www.trusselltrust.org](<https://www.trusselltrust.org>)

This document is intended to provide quick access to support organisations that can assist individuals in various areas of need. If you require further information or guidance, please do not hesitate to contact the appropriate organisation directly.

**For any immediate or serious concerns, always consider contacting emergency services by dialling 999.**