

### **Alzheimer's Society**

**Description:** UK dementia charity. Campaign for change, fund research to find a cure and support people living with dementia. Can advise on connections to the right support to help maintain independence, health and enjoyment of life.

**Dementia Connect Support Line:** 0333 150 3456

**Email:** [dementia.connect@alzheimers.org.uk](mailto:dementia.connect@alzheimers.org.uk)

**Website URL:** <https://www.alzheimers.org.uk/dementiasupport>

### **Anxiety UK**

**Description:** A nationwide organization providing support if you have anxiety, stress, anxiety-based depression or a phobia that's affecting your daily life. Supported by an expert team of medical advisors.

**Phone:** 03444 775 774 (Monday to Friday 9.30am to 5.30pm)

**Text:** 07537 416 905

**Email:** [support@anxiety.org.uk](mailto:support@anxiety.org.uk)

**Website URL:** <https://www.anxiety.org.uk>

### **Biddulph Community Wellbeing Group**

**Description:** If you struggle with anxiety, depression, other mental health issues or life in general, this group may be for you. Meet on Mondays at Biddulph Youth & Community Zone, 10am to 12.30pm. You'll be made to feel welcome in a safe, non-judgemental environment, where people share their experiences, support one another and learn coping skills to help deal with their struggles. All are welcome, there is no charge to attend and refreshments are provided.

**Contact:** Suzanne Counsellor AHCP Registered

**Phone:** 07783 180917

### **CALM (Campaign Against Living Miserably)**

**Description:** Free and confidential helpline and webchat for anyone who needs to talk about life's problems.

**Phone:** 0800 58 58 58 (7 hours a day, 7 days a week)

**Website URL:** <https://www.thecalmzone.net>

### **Childline**

**Description:** A helpline to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's big or small, trained counsellors are there to support.

**Phone:** 0800 11111 (freephone)

**Website URL:** <https://www.childline.org.uk>

**Dementia UK**

**Description:** Provide specialist dementia support.

**Helpline:** 0808 888 6678

**Email:** [info@dementiauk.org](mailto:info@dementiauk.org)

**Website URL:** <https://www.dementiauk.org>

**Mental Health Access Team**

**Description:** The single point of contact and access for all North Staffordshire Combined Healthcare NHS Trust services. The Access Team provides 24/7 cover for all mental health and learning disability services across Stoke-on-Trent and North Staffordshire.

**Phone:** 0300 123 0907

**Mind Infoline**

**Description:** Information on a range of mental health problems and support. Lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

**Phone:** 0300 123 3393

**Text:** 86463

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website URL:** <https://www.mind.org.uk>

**NHS Staffordshire & SOT Wellbeing Service**

**Description:** A team of NHS professionals trained to specialize in offering effective, evidence-based treatments for a wide range of common problems.

**Phone:** 0300 303 0923

**Website URL:** <https://www.staffsandstokewellbeing.nhs.uk>

**North Staffordshire MIND**

**Address:** 83 Marsh Street, Hanley, Stoke-on-Trent ST1 5HN

**Description:** Provide advice and support to empower anyone experiencing a mental health problem. Work to improve services, raise awareness and promote understanding.

**Phone:** 01782 262100

**Website URL:** <https://www.nsmind.org.uk>

## **Papyrus**

**Description:** National charity dedicated to the prevention of young suicide. Offers a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

**Phone:** 0800 068 4141 (every day 9am to 12 midnight)

**Email:** pat@papyrus-uk.org

**Text:** 07860 039 967

**Website URL:** <https://www.papyrus-uk.org>

## **SANE**

**Description:** helpline (6pm-11pm) offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.

**Phone:** 0845 767 8000

**Email:** sanemail@sane.org.uk

**Website URL:** <https://www.sane.org.uk>

## **Staffordshire Additional Housing Management Service (Biddulph)**

**Address:** 4 Ashbourne Road, Leek ST13 5AS

**Description:** A tenancy support service providing high quality accommodation and low level housing management support for people affected by mental illness aged 18 and above, who are at risk of not accessing or sustaining a home because of their mental health, vulnerability and/or a history of housing related problems. The service has 3 self contained units of accommodation in Biddulph and provides an out of hours housing related on-call service.

**Phone:** 01538 399950

**Email:** SAHMS@rethink.org

**Website URL:** <https://www.rethink.org>

## **The Samaritans**

**Description:** If you need someone to talk to the Samaritans listen. Face to face branch visits are currently suspended due to COVID-19, but you can still get in touch by phone 24 hours a day, every day.

**Phone:** 116 123 – this is a Freephone number that can even be called from a mobile phone that has no credit. Your call will not appear on the phone bill.

**Email:** jo@samaritans.org (Response time 24 hours)

**Website URL:** <https://www.samaritans.org.uk>

**Young Minds**

**Description:** Provide young people with tools to look after their mental health and empower adults to be the best support they can be to the young people in their lives.

**Parent's Helpline:** 0808 802 5544

**Text:** YM to 85258 – Young Minds Crisis Messenger

**Website URL:** <https://www.youngminds.org.uk>