

DOMESTIC VIOLENCE

National Domestic Violence Helpline
Tel: 0808 2000 247

South Oxfordshire Refuge
Tel: 0800 731 0055
Mon-Sat 10am-4pm

Mankind Initiative
Tel: 01823 334 244
Support for male victims of domestic abuse

Mens advice line
Tel: 0808 801 0327
Telephone & online support for male victims of domestic abuse
info@mensadvice.org.uk (Email)

Deaf Hope
Tel: 020 8772 3241
Phone or textphone 9am-6pm. Support for deaf women experiencing domestic violence.
www.signhealth.org.uk
deafhope@signhealth.org.uk (Email)

Elder Abuse Line
Tel: 08088 088 141
www.elderabuse.org.uk

IKWRO
+44 207 920 6460
Mon-Fri 9.30am - 5.30pm
Supports Middle Eastern & Afghan women & girls who are at risk of abuse. Support is available in several languages.
www.ikwro.org.uk

WEBSITES & APPS

Talking Space
Tel: 01865 901222
www.talkingspaceplus.org.uk
Self-refer online or via the telephone. Provides CBT-based courses for depression & anxiety,

UK Samaritans
Tel: 116 123
24 hour freephone number

SANE
Tel: 0300 304 7000
www.sane.org.uk
A leading UK mental health charity that provides online and telephone support.

Moodjuice
www.moodjuice.scot.nhs.uk

Headspace
Mindfulness app. Free version & subscription available.

CBT online
Free online CBT resources
www.get.gg/

Anxiety Coach
Online support for those experiencing anxiety or specific phobias.
www.anxietycoach.com

Combat Stress
Tel: 0800 138 1619 (24 hour line)
07537 404 719 (Text)
Provides support for ex-servicemen & women who are experiencing mental ill-health. Carers & family members of veterans can contact the charity.
helpline@combatstress.org.uk (Email)

Shelterline
Tel: 0808 800 444
24 hour help with housing problems
www.shelter.org.uk
National Centre for Eating Disorders
Tel: 0845 838 2040
www.eating-disorders.org.uk

The Abingdon Surgery



Mental Health Wellbeing



Contact Information

BEREAVEMENT

CRUSE

Tel: 0808 808 1677 (Free)

Provides telephone support as well as face-to-face and group support.

National Bereavement Service

Tel: 0800 0246 121 (Free)

Offers a wide range of online support. Also provides a telephone hotline.

See Saw

Tel: 01865 744768

Provides bereavement support to children & young people living in Oxfordshire. Can provide support for families when a parent or sibling is dying. School support service is also available. info@seesaw.org.uk (Email)

The Compassionate Friends (TCF)

Tel: 0345 123 2304

Offers support after the death of a child of any age info@txf.org.uk (Email)

A child of mine

Tel: 07803 751229

www.achildofmine.org.uk

Provides support & advice for bereaved parents
Email contact form can be found on the website.

SANDS

Tel: 0808 164 3332

www.uk-sands.org

A UK stillbirth & neonatal death charity. Provides support to anyone affected by the death of a baby. helpline@sands.org.uk (Email)

SOBS

Tel: 0300 111 5065

Support for those (older than 18) who have been bereaved or affected by someone who has committed suicide.

sobs.support@hotmail.com (Email)

SERVICES FOR YOUNG PEOPLE

The Abingdon Bridge

Tel: 01235 522 375

Provides counselling for 13 - 25 year olds and support to parents.

tabcentre@yahoo.co.uk (Email)

Young Minds

Tel: 0808 802 5544

Providing support to children with mental health problems and their parents.

Childline

Tel: 0800 11 11

Free, confidential helpline for children and young adults in the UK.

South Oxfordshire CAMHS

Tel: 01865 904700

Oxfordhealth.SouthOxfordshireCAMHS@nhs.net (Email)

Horizon Service

Tel: 01865 902634

Provides support for young people under 18, who live in Oxfordshire and are distressed by experience of sexual harm. Requires a referral form from a GP.

The Survivors Trust

Tel: 0808 801 0818

Provides support to those that have experienced childhood sexual violence & rape.

Relate

Tel: 0300 100 1234

Provides online support, self-help tools & face-to-face counselling

DRUG AND ALCOHOL SERVICES

Turning Point

0300 013 4776 (General Tel no.)

01865 26190 (Oxford)

01993 849405 (Witney)

01235 514360 (Didcot)

Drug and Alcohol Treatment Service

AA (Alcoholics Anonymous)

Tel: 0800 9177 650

help@alcoholics-anonymous.org.uk (Email)

Narcotics Anonymous

Tel: 0300 999 1212 (10am-midnight)

FRANK

Tel: 0300 123 6600

Text: 82111

Live chat available online

24 hours a day, 365 days a year

Advice on drugs

CARER SUPPORT

Carers Oxfordshire

Tel: 0345 050 7666

www.carersoxfordshire.org.uk

Provides telephone & web-based information. Outreach support available.

Oxfordshire carers Support Services

Tel: 01865 904499

www.rethink.org

Provides one-to-one emotional & practical support to adult mental health carers

Carers Voice Oxfordshire

Tel: 01235 520440

Based in Abingdon, they act as a voice for unpaid carers of adults and parents/carers of disabled children. For carers aged over 18.

Spurgeons Young carers Service

Tel: 01865 777224

Support for children up to 25 who care for an adult or sibling.