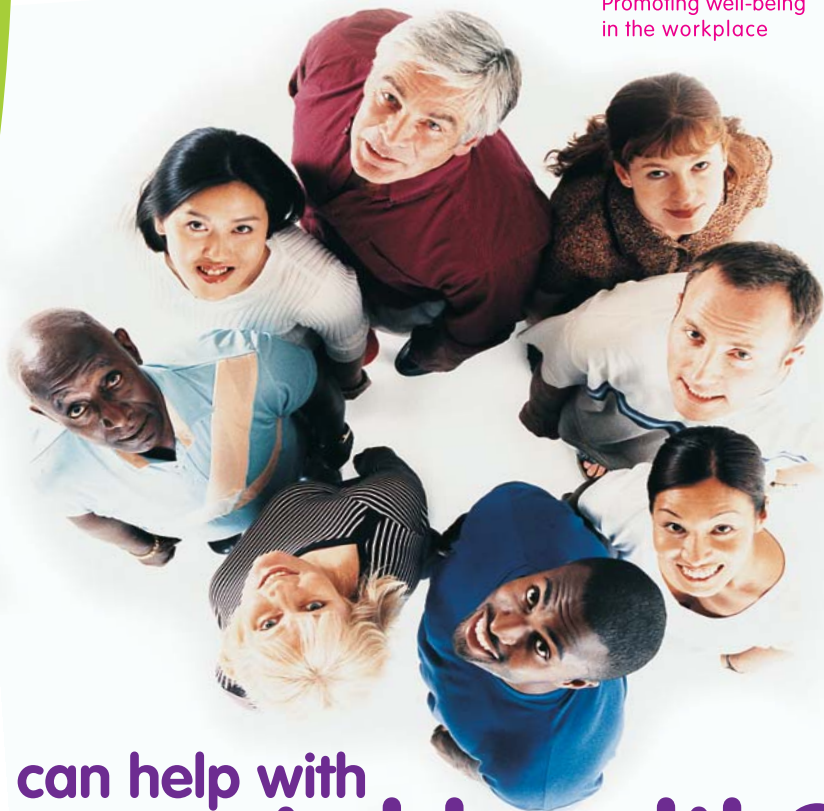




**Wellness  
Works**

Promoting well-being  
in the workplace



# Who can help with **mental health?**

Worcestershire Mental Health Resource Directory  
2010 Version 3

Worcestershire **NHS**  
Mental Health Partnership NHS Trust



# Who can help with mental health?

**Mental health problems are common. In any one year 1 in 4 British adults experience at least one diagnosable mental health problem. (ONS 2000)**

This Resource List has been developed by the Worcestershire Mental Health Partnership Trust and Wellness Works to provide you with information on the support available in Worcestershire.

Resources come in all shapes and sizes and different approaches suit different people.

**Whilst we have listed a number of resources here, if you have any doubt at all about your mental health, please check with your GP**

Wellness Works is part of Living Well, a regional initiative led by West Midlands Regional Assembly. It is funded by Big Lottery and managed locally by Community First. Wellness Works is a unique service for employers promoting positive mental well-being in the workplace across Worcestershire.

# Contents

■ <b>Addiction</b>	4	■ <b>Financial Services</b>	10
■ <b>Bereavement</b>	4	■ <b>Homelessness</b>	10
■ <b>Care Farms</b>	5	■ <b>Hospices</b>	10
■ <b>Carers</b>	5	■ <b>Housing</b>	10
■ <b>Children, Young People &amp; Families</b>	6	■ <b>Information &amp; Resources</b>	11
■ <b>Counselling &amp; Therapy</b>	7	■ <b>Learning Difficulties</b>	12
■ <b>Day Opportunities</b>	8	■ <b>Older People</b>	12
■ <b>Eating Disorders</b>	8	■ <b>Support Services</b>	12
■ <b>Employment &amp; Learning</b>	8	- <b>Adult Community Services</b>	14
		■ <b>Women and Men</b>	15

## Who can help in a hurry...

- Accident and Emergency 24-hours:**  
 Alexandra Hospital  
 ☎ 01527 503 030  
 Worcestershire Royal Hospital  
 ☎ 01905 763 333
- Childline:**  
 for anyone up to 18 years old who is in distress  
 ☎ 0800 1111
- Drinkline:**  
 for alcohol worries about yourself or another  
 ☎ 0800 917 8282
- Elder Abuse Response:**  
 for those worried by the abuse of older people  
 ☎ 0808 808 8141
- Frank:**  
 for those worried about drug and solvent abuse  
 ☎ 0800 77 66 00
- Missing Persons Helpline:**  
 for those with missing relatives  
 ☎ 0500 700 700
- National Debtline:**  
 for anyone worried about debt problems  
 ☎ 0808 808 4000
- National Domestic Violence Helpline:**  
 Support for abused women  
 ☎ 0808 2000 247
- NHS Direct:**  
 confidential health information  
 ☎ 0845 4647
- Parentline Plus:**  
 support for anyone in a parenting role  
 ☎ 0808 800 2222
- Samaritans:**  
 emotional support for anyone in crisis  
 ☎ 08457 90 90 90

# Addiction

## **Alcoholics Anonymous**

*Support for people who have problems with alcohol*

☎ 0845 769 7555

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

## **Allen Carr's easy way to stop smoking**

*Stop Smoking clinic*

☎ 0800 389 2115

[www.allencarrseasywaytostopsmoking.co.uk](http://www.allencarrseasywaytostopsmoking.co.uk)

## **Community Alcohol Team**

*Alcohol advice and support*

**N. Worcs: 01527 870707**

**S. Worcs: 01905 27417**

[www.wasa.org.uk](http://www.wasa.org.uk)

Where? Worcestershire

## **Drinkaware**

*Information and advice promoting sensible drinking*

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

## **Drug Concern**

*Drugs advice and information for parents and children*

☎ 0845 120 3745

[www.drugconcern.com](http://www.drugconcern.com)

## **Families Unite**

*Support for families affected by drugs*

☎ 07817 075408

☎ 17855 690918

## **FRANK**

*Advice and information about drugs.*

☎ 0800 77 66 00

[www.talktofrank.com](http://www.talktofrank.com)

## **Gamcare**

*Advice for anyone affected by gambling*

☎ 0845 6000 133

[www.gamcare.org.uk](http://www.gamcare.org.uk)

## **Narcotics Anonymous**

*A fellowship for men & women for whom drugs have become a major problem*

☎ 020 7730 0009

[www.ukna.org](http://www.ukna.org)

## **Pressure Point**

*Support for people affected by the alcohol and drug use of others*

☎ 0800 652 96 64

Where? Worcestershire

## **Quitline**

*The independent charity helping smokers to stop*

☎ 0800 00 22 00

[www.quit.org.uk](http://www.quit.org.uk)

## **Stop Smoking**

*Smoking Cessation Worcester PCT*

☎ 01905 760028

[www.nhs.uk/gosmokefree](http://www.nhs.uk/gosmokefree)

## **Turning Point**

*Counselling, advice and information to drug users and ex-drug users, families and friends*

☎ Malvern 01684 580240

☎ Worcester 01905 724754

☎ Evesham 01386 444380

[www.turning-point.co.uk](http://www.turning-point.co.uk)

Where? Worcestershire

# Bereavement

## **Cruse Bereavement Care**

*Bereavement care, counselling and support through telephone helpline, individual counselling and supportive group work*

☎ Worcester: 01905 22223

☎ Redditch: 01527 540774

☎ 01527 584141

☎ 0844 477 9400

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

Where? Worcestershire

## **The Compassionate Friends**

*Support for parents on the death of a child at any age*

☎ Helpline 0845 123 2304

[www.tcf.org.uk](http://www.tcf.org.uk)

## **Noah's Ark Trust**

*Free service offering grief support on a 1:1 basis for children, young people and their families affected by the death of someone close to them. Also run a residential family weekend giving children the opportunity to meet others who have been bereaved*

☎ 01905 745735

[www.noahsarktrust.co.uk](http://www.noahsarktrust.co.uk)

# Care Farms

## **Brambles**

*Care Farming and Animal Assisted Therapy for people with special needs*

[www.livingfarm.co.uk](http://www.livingfarm.co.uk)

Where? Worcestershire

» Bowling Green Farm,  
Castlemorton Common,  
Malvern, WR13 6LH

## **Fold Care Farm**

*Growing back to health with ecotherapy in horticultural production*

☎ **01886 833922**

[www.thefold.org.uk/care-farm](http://www.thefold.org.uk/care-farm)

Where? Worcestershire

» The Fold, Bransford Worcester  
WR6 5JB



# Carers

## **Carers Careline**

*Our aim is to provide support for Carers and we also offer a Befriending Scheme for people over 65 years of age. We work alongside GP surgeries, Social services and other agencies. Perhaps we can help YOU! Respite for carers, befriending for older people*

☎ **0152766177**

[www.carerscareline.co.uk/](http://www.carerscareline.co.uk/)

Where? Redditch

## **Carers National Association**

*Information, support, advice and booklets on all aspects of caring*

☎ **Helpline 0808 808 7777**

## **Carers UK**

*The voice of carers - campaigning for justice*

[www.carersuk.org/Home](http://www.carersuk.org/Home)

## **Crossroads Care**

*Supporting Carers of Older Adults and disabled people*

☎ **01905 729293**

[www.crossroads.org.uk/](http://www.crossroads.org.uk/)

Where? Worcestershire

» Weir Lane, Lower Wick,  
Worcester, WR2 4AY

## **DIAL – North Worcs**

*Information and advice for anyone regarding impairment or disability in North Worcestershire*

☎ **Advice Tel: 0800 9707 202**

☎ **Textphone 01562 682 48**

☎ **07500 027030**

☎ **0800 970 7202**

[www.nwdial.org.uk](http://www.nwdial.org.uk)

» 10-12 Blackwell Street,  
Kidderminster, Worcestershire  
DY10 2DP

## **DIAL – South Worcs**

*Information and advice for anyone regarding impairment or disability in South Worcestershire*

☎ **Advice Tel: 01905 277 90**

☎ **Textphone 01905 221 91**

☎ **Fax: 01905 612 692**

[www.dialsworcs.org.uk](http://www.dialsworcs.org.uk)

» 54 Friary Walk, CrownGate  
Shopping Centre, Worcester  
WR1 3LE

## **Directgov**

*Information for carers*

[www.direct.gov.uk/carers](http://www.direct.gov.uk/carers)

## **Worcestershire Association of Carers**

*Enables carers to gain access to information, reassurance and emotional support. Ensures that carer's interests are represented throughout the voluntary and statutory sectors.*

☎ **01905 26500**

[www.carers.org/local/west-midlands/worcester/](http://www.carers.org/local/west-midlands/worcester/)

? Worcestershire

## **Worcestershire Carer's Unit**

*Help and advice regarding service availability, carers assessments, access to adult sitter service, library, emergency card*

☎ **0800 389 2896**

[www.worcestershire.whub.org.uk/home/wcc-social-carers.html](http://www.worcestershire.whub.org.uk/home/wcc-social-carers.html)

## **Worcestershire Young Carer's Project**

*Information, Advice, Support & practical activities for young carers*

☎ **01905 731181**

? Worcestershire

# Children, Young People and Families

## Centrepoint

*Helping Homeless Young People*

☎ 01527 68760

[www.centrepoin.org.uk](http://www.centrepoin.org.uk)

Where? Redditch

» Britten House, Britten St,  
Redditch B97 6HD

## Child & Adolescent Mental Health Services Support

*Promoting better health services for children*

[www.camhs.org.uk](http://www.camhs.org.uk)

## Child Brain Injury Trust

*Support/activity group for young people with an acquired brain injury*

☎ 0845 601 4939

## Childline

*Confidential telephone and online support for children and young people*

☎ 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

## Contact a Family

*Helps families with children with disabilities support one another*

☎ Wyre Forest: 01299 826118

☎ West Mids: 0121 415 4624

☎ 0808 808 3555

[www.cafamily.org.uk](http://www.cafamily.org.uk)



## Family Information Service

*Information on childcare, special needs advice for working parents. Information, resources and sources of support*

☎ 01905 616790560

☎ 08000 96 02 96

[www.childcarelink.gov.uk/whitebox/cis.asp?cisid=510&mapid=519](http://www.childcarelink.gov.uk/whitebox/cis.asp?cisid=510&mapid=519)

Where? Worcestershire

## Family Mediation Worcestershire Ltd

*Helps those involved in family breakdown to communicate and reach decisions about issues arising from separation or divorce*

☎ 01905 610295

[www.fmw.org.uk](http://www.fmw.org.uk)

## Gingerbread

*Information and support for single parent families*

☎ 0800 018 4318

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## Home Start

*Free volunteer staffed service offering support, befriending and practical help to families at home with children under 5*

☎ Worcester 01905 29377

☎ Malvern 01684 578925

☎ Red&Brom 01527 62819

☎ Wyre Forest 01562 825896

[www.home-start.org.uk](http://www.home-start.org.uk)

## Parentline Plus

*Face to face, online and telephone information*

[www.parentlineplus.org.uk/](http://www.parentlineplus.org.uk/)

## Redditch Family Outreach

*Provides a range of support and services for the low waged and unemployed*

☎ 0800 085 8106

## Redi Centre (Redditch)

*Education, training, leisure and vocational courses leading to accreditation*

☎ 01527 68583

» 54 South Street, Redditch,  
Worcestershire, B98 7DQ

## Surestart

*Services for children under five and their families - website lists local centres*

[www.dcsf.gov.uk/everychildmatters/earlyyears/surestart/whatsurestartdoes](http://www.dcsf.gov.uk/everychildmatters/earlyyears/surestart/whatsurestartdoes)

## YMCA Worcester

*Supporting young people and their families*

☎ 01905 423197

[www.ymca.org.uk](http://www.ymca.org.uk)

Where? Worcester

» Henwick Road, St Johns,  
Worcs. WR2 5NS

## Young Minds

*Information & advice supporting the mental health and wellbeing of children and young people*

☎ 0800 018 2138

☎ Parents Helpline:  
0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

» 48-50 St John Street,  
London EC1M 4DG

# Counselling and Therapy

## **Assist Trauma Care**

*Specialist service for individuals and families who have experienced traumatic events*

☎ 01788 560 800

[www.assisttraumacare.org.uk](http://www.assisttraumacare.org.uk)

## **BABCP**

*Register of local and national CBT therapists*

[www.cbtregisteruk.com/](http://www.cbtregisteruk.com/)

## **The Bridge**

*Counselling Service*

☎ 01905 731850

Where? Worcestershire

» Pump Street, Worcester  
WR1 2TQ

## **Brief Therapy Practice**

*Information about Solution Focused Brief Therapy*

[www.brieftherapy.org.uk](http://www.brieftherapy.org.uk)

» 7-8 Newbury Street, London  
EC1A 7HU

## **Depression Alliance Support Group**

*Information and support services for people with depression*

[www.depressionalliance.org](http://www.depressionalliance.org)

## **Focusline**

*Open 5pm-9am weekdays 24 hours week ends*

☎ 0800 272127

## **Hearing Voices Network**

*Confidential helpline and information about local groups*

☎ 0845 122 8642

[www.hearing-voices.org](http://www.hearing-voices.org)

## **No Panic**

*Free helpline for people suffering from anxiety, panic and OCD and their families and or carers*

☎ 0808 808 0545

[www.nopanic.org.uk](http://www.nopanic.org.uk)

## **OCD Action**

*Information and support for people affected by obsessions and compulsions*

☎ 0845 390 6232

[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

## **One in Five**

☎ 01684 573767

Where? Malvern

» Manby Road Malvern WR14 3BB

## **Plumtree Womens Project**

*Domestic Violence Refuge for Women & their Children*

☎ 01684?891623

Where? Worcestershire

» PO Box 111, Malvern, Worcs  
WR14 1ZL

## **Psychosexual Counselling**

*For those experiencing psychosexual problems*

Where? Worcestershire

## **Relate Worcestershire**

*Counselling to couples, young People aged 11-18, Individuals or families experiencing difficult family relationships. Also help with psychosexual problems*

☎ 01905 23597

[www.relate-worcestershire.org](http://www.relate-worcestershire.org)

Where? Worcestershire

» Castle Street Worcester



## **Relate-line**

*Short term immediate advice*

☎ 0845 130 4010

Where? Worcestershire

## **Samaritans**

*7 telephone listening service, email and face to face drop in at local branch*

☎ 01905 21121

☎ 08457 90 90 90

[www.samaritans.org](http://www.samaritans.org)

» 9 Sansome Place, Worcester

## **Sane**

*Help, awareness raising and support for people, (their families and carers) experiencing mental health problems. Email support also available.*

**Saneline open 6-11pm daily**

☎ 0845 767 8000

[www.sane.org.uk](http://www.sane.org.uk)

## **Sexual Health Counselling Team (NHS)**

*GP Referral may be required*

☎ 01905 681751

Where? Worcestershire

» Britannia Court, 1 Moor Street,  
Worcester WR1 3DB

## **UKCP Website**

*Local registered psychotherapists*  
[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

## Day Opportunities

### Creative Support Bromsgrove

Provide person centred day services for people with learning disabilities, mental health and other needs

☎ 01527 488440

[www.creativesupport.co.uk/service-user-creativity/](http://www.creativesupport.co.uk/service-user-creativity/)

Where? Bromsgrove

» Rivendale Centre, Wendron Hse, Windsor St, Bromsgrove B60 2BL

### Creative Support Droitwich

Provide person centred day services for people with learning

disabilities, mental health and other needs  
01905 778641

[www.creativesupport.co.uk/service-user-creativity/](http://www.creativesupport.co.uk/service-user-creativity/)

Where? Droitwich

» Covercroft Centre, Colman Rd, Droitwich WR9 8QU

### Creative Support Worcester

Provide person centred day services for people with learning disabilities, mental health and other needs

☎ 01905 739035

[www.creativesupport.co.uk/service-user-creativity/](http://www.creativesupport.co.uk/service-user-creativity/)

Where? Worcester

» 1a Lowesmoor Terrace, Worcester WR1 2RX

### Rethink

Support social inclusion and independent living. Representing service users in Worcestershire.

☎ Malvern: 01684 573278

☎ Worcester: 01905924546

☎ Floating support service: 01386 49110

☎ Redditch & Bromsgrove: 01527 60768

☎ 0208 9746814

[www.rethink.org](http://www.rethink.org)

## Eating Disorders

### Beat

Information and help on all aspects of eating disorders

☎ Helpline: 0845 634 1414.

☎ Youthline: 0845 634 7650

[www.b-eat.co.uk](http://www.b-eat.co.uk)

### Bread

Eating Disorders support groups, relaxation, anxiety management workshops, training

☎ 01527 879157

[www.bread-eatingdisorders.org.uk/](http://www.bread-eatingdisorders.org.uk/)

» Spadesbourne House, 184 Worcester Rd, Bromsgrove, Worcs, B61 7AZ

## Employment and Learning

### Acquired Brain Injury Education Service

Educational support for those people with acquired brain injuries

☎ 01386 712635

Where? Worcestershire

» Evesham & Malvern Hills College, Davies Road, Evesham WR11 1LP

### Beacon Employment

Helping people age 19+ who experience barriers to employment

☎ 0844 815 6145

[www.beaconemployment.org](http://www.beaconemployment.org)

Where? Worcestershire & the Black Country

### Business Link

Managing mental health in the workplace

☎ 0845 113 1234

[www.businesslink.gov.uk/bdotg/action/layer?site=181&topicId=5000500373](http://www.businesslink.gov.uk/bdotg/action/layer?site=181&topicId=5000500373)

Where? West Midlands

» Advantage House, 19 Ridgeway, Quinton Business Park, Brimingham B32 1AL

## Connexions

Advice and support for 13 to 19 year olds on all issues affecting young people

☎ 080800 13219

(free call from landlines)

[www.connexionsdirect.com](http://www.connexionsdirect.com)

Where? Worcestershire

## Disability Employment Adviser

Advice and support to people who have employment related problems associated with a health condition/disability (including stress and depression). The service also has access to an occupational psychologist and can support people in retraining or keeping a job

☎ 0800 032 1181

[www.direct.gov.uk/en/](http://www.direct.gov.uk/en/DisabledPeople/EmploymentSupport/LookingForWork/DG_4000324)

[DisabledPeople/](http://www.direct.gov.uk/en/DisabledPeople/EmploymentSupport/LookingForWork/DG_4000324)

[EmploymentSupport/](http://www.direct.gov.uk/en/DisabledPeople/EmploymentSupport/LookingForWork/DG_4000324)

[LookingForWork/DG\\_4000324](http://www.direct.gov.uk/en/DisabledPeople/EmploymentSupport/LookingForWork/DG_4000324)

## Jobcentre Plus

Employment related information and advice

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

## Kidderminster College of FE

Further Education

☎ 01562 820811

[www.kidderminster.ac.uk](http://www.kidderminster.ac.uk)

Where? Kidderminster

## Learn Direct

Advice on courses and careers

☎ 0800 101 901

[www.learnirect.co.uk](http://www.learnirect.co.uk)

## Mindful Employer

Helping employers to support people with mental health problems

[www.mindfulemployer.net](http://www.mindfulemployer.net)

## Myraid

Education and vocational support

for people with complex needs

☎ 01905 729190

Where? Worcester

» St Georges Walk, Worcester  
WR1 1QY

## NEW College

Further Education

☎ 01527 570020

[www.ne-worcs.ac.uk](http://www.ne-worcs.ac.uk)

Where? Bromsgrove & Redditch

## Prescriptions for Learning

Free advice regarding obtaining new skills, learning opportunities and bettering job prospects

☎ 07983 409761

☎ 01905 616103

e. [cgarfield@worcestershire.gov.uk](mailto:cgarfield@worcestershire.gov.uk)

Where? Worcestershire

## Remploy

Focus on ability in providing services to support people into work

☎ 0800 138 7656

• [www.remploy.co.uk](http://www.remploy.co.uk)

## Shaw Trust

Vocational support to people in secondary mental health

☎ 07968 362244

☎ 0777 9030558

[www.shaw-trust.org.uk/home](http://www.shaw-trust.org.uk/home)

Where? South Worcestershire

» DeSalis Drive, Hampton Lovett,  
Droitwich WR9 0QE

## Shift

Tackling stigma around mental health & resources for the workplace.

☎ 0845 223 5447

[www.shift.org.uk](http://www.shift.org.uk)

## Triopod

Vocational, educational and recreational support

☎ 01527 488706

## ? Redditch

» Room 8, Orchard Place,  
Orchard St, Smallwood  
North,Redditch B98 7DP

## University of Worcester

Higher Education

01905 855 000

[www.worcester.ac.uk](http://www.worcester.ac.uk)

» Henwick Grove, Worcester  
WR2 6AJ

## Worcester College of Technology

Courses include Anxiety Management, Assertiveness, Confidence Building, and Yoga for Beginners, and Tame Your Temper.

☎ Adult Education dept. 01905 743480

[www.wortech.ac.uk](http://www.wortech.ac.uk)

Where? Worcestershire

## Worcester Volunteer Centre

A focal point for organisations and individuals using volunteers

☎ 01905 24741

[www.worcestervolunteercentre.org.uk](http://www.worcestervolunteercentre.org.uk)

Where? Worcestershire

» 33 The Tything Worcester  
WR1 1JL

## Worcestershire Lifestyles

Works with people aged 16-65 who have experience of mental distress, physical impairment, sensory impairment, learning difficulty, learning disability,

acquired brain injury. Assessment and practical support provided

☎ 01905 756067

[www.worcestershire-lifestyles.org.uk](http://www.worcestershire-lifestyles.org.uk)

» The Gatehouse, Berkeley's Court, The Foregate, Worcester  
WR1 3QG

## Financial Support Services

### **Credit Crunch Stressline**

Telephone helpline for anyone affected by the recession

☎ 0300 123 2000

### **National Debtline**

Debt advice

☎ 0808 808 4000

[www.debtfreedirect.co.uk/](http://www.debtfreedirect.co.uk/)  
[g-national-debt-line](http://g-national-debt-line)

### **The Social Fund**

Discretionary crisis loans

☎ 0845 608 8649

☎ 0800 169 9891

### **Worcester CASH**

Community Advice Support Help - for difficulty with money related matters

☎ 01905 27001

[www.worcestercash.org.uk](http://www.worcestercash.org.uk)



## Homelessness



### **Maggs Day Centre**

Day Centre for Homeless People

☎ 01905 25027

[www.maggsdaycentre.co.uk](http://www.maggsdaycentre.co.uk)

Where? Worcester

» St albens Church, Deansway,  
Worcs WR1 2JD

### **St Pauls Hostel**

Homeless Hostel

☎ 01905 723729

Where? Worcestershire

» Tallow Hill, Worcester WR5 1DB

## Hospices

### **Kemp Hospice**

Day care & home care support for those living with cancer and life threatening diseases

☎ 01562 861217

Where? Wyre Forest

### **Primrose Hospice**

Cancer Help Centre

☎ 01527 871051

[www.primrosehospice.org](http://www.primrosehospice.org)

Where? North Worcestershire

» St Godwalds Road, Finstall,  
Bromsgrove B60 3BW



## Housing



### **Advance Housing and Support**

Mental health support in Redditch and Worcester City & learning disabilities in Droitwich & Malvern

☎ 01905 729839

Where? Droitwich, Malvern,  
Redditch, Worcester

### **Stonham**

Housing and support for vulnerable people

☎ 01905 756277

[www.homegroup.org.uk/stonham/Pages/default.aspx](http://www.homegroup.org.uk/stonham/Pages/default.aspx)

# Information and Resources

## **BARN**

*Redditch & Bromsgrove network*

☎ **01527 60282**

Where? Bromsgrove & Redditch

» Room 9, Ecumenical Centre,  
Evesham Walk, Redditch  
B97 4EX

## **BBC Health**

*Health news and information*

[www.bbc.co.uk/health/  
conditions/mental\\_health/](http://www.bbc.co.uk/health/conditions/mental_health/)

Where? National

## **Books on Prescription**

*See your local Library or GP for a  
range of mental health self-help  
books*

☎ **01905 428945**

## **Family Doctor**

*Health Books Publishers*

[www.familydoctor.co.uk](http://www.familydoctor.co.uk)

## **Gloucestershire Primary Mental Health Service**

*On-line self-help resources*

[www.pmhsglos.org.uk](http://www.pmhsglos.org.uk)

## **The Human Givens Approach**

*Information and advice for people  
with depression*

[www.lift-depression.com](http://www.lift-depression.com)

## **Living Life to the Full**

*E-learning website providing free  
online CBT course*

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

## **Mental Health Foundation**

*Information, research and  
campaigning on mental health  
issues*

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## **National Library for Health**

*Patient information covering  
hundreds of topics and answers to  
common health questions*

[www.cks.library.nhs.uk/  
patient\\_information](http://www.cks.library.nhs.uk/patient_information)

## **NHS Choices**

*Online health information*

[www.nhs.uk/LiveWell/  
MentalHealth](http://www.nhs.uk/LiveWell/MentalHealth)

## **NHS Direct**

*Telephone helpline and  
authoritative health advice*

☎ **0845 4647**

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## **NICE**

*Official government body health  
guidelines*

[www.nice.org.uk](http://www.nice.org.uk)

## **Relaxation Reviews**

*Independent guide to Relaxation  
Tapes, CDs, MP3s and on line  
relaxation audio*

[www.calming.org](http://www.calming.org)

## **Self Help Books**

*A list of self help books covering  
common mental health disorders*

[www.northtynesidepct  
.nhs.uk/news/press-releases/  
self-help](http://www.northtynesidepct.nhs.uk/news/press-releases/self-help)

## **Sports Partnership Herefordshire & Worcestershire**

*Creating opportunities for people  
to benefit from being active*

☎ **01905 855498**

[www.morethansport.com](http://www.morethansport.com)

## **WEDO**

*Local Health and care directory*

[www.wedo.org.uk](http://www.wedo.org.uk)

Where? Worcestershire

## **Wellness Works**

*Supporting Employers 7*

*Employees to promote mental  
wellbeing*

☎ **01684 312740**

[www.comfirst.org.uk/  
wellness\\_works](http://www.comfirst.org.uk/wellness_works)

Where? Worcestershire

» Malvern View, Willow End Park,  
Blackmore Park Road, Malvern  
Worcs. WR13 6NN

## Notes



## Learning Difficulties

### MacIntyre Care

Support for people with learning disabilities

☎ 01905 755528

[www.macintyrecharity.org/](http://www.macintyrecharity.org/)

Where? Worcester

» 7a Bisley Close, Warndon, Worcester WR4 9LF

### MENCAP/Royal Mencap Society

Supporting people with learning disabilities, their families & carers

☎ 01905 428030

[www.mencap.org.uk](http://www.mencap.org.uk)

Where? Worcestershire

» 428 Bromwich Road, Worcester WR2 4BE



## Older People

### Age Concern & Help the Aged

Support for older people

☎ 01905 726652

[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

Where? Worcestershire

» 6 Sansome Street Worcester WR1 1UH

### Alzheimers Society

Working to improve the quality of life for those with alzheimers

☎ 01905 22195

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Where? Worcestershire

» 18 The Angel Centre, Worcester WR1 3QN



### Older People's Forum

Independent Forums promoting wellbeing for the over fifties

☎ 01905 728558

### Age Concern Droitwich & district

Local support for Older People

☎ 01905795571

Where? Droitwich

» Severn House, 32 Ombersley St West, Droitwich WR9 8QZ

### Elder Abuse

Helpline for anyone concerned about the abuse of older people

☎ 0808 808 8141

[www.elderabuse.org.uk](http://www.elderabuse.org.uk)

### University of the 3rd Age

Learning, leisure and creative activities for semi/retired people

☎ 01527 60414

Where? Redditch

## Support Services

### Adult & Community Services

Formerly known as 'Social Services'

☎ 0845 607 2000

Where? Worcestershire

### Al's Way Project (Crossroads)

A specialist dementia service & respite for families and people under 65 with dementia.

☎ 01905 729293  
[care@crossroads-worcestershire.org.uk](mailto:care@crossroads-worcestershire.org.uk)

Where? Worcestershire

» c/o Crossroads Caring for Carers, Goodrich House, Sansome Place, Worcester, WR1 1UA

### Autism West Midlands

Family support for children with Autistic Spectrum Disorder

☎ 0121 450 7575

[www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)

### Citizens Advice Bureau

Offer advice and support with benefits, housing and legal advice amongst other issues

☎ 01905 611371

[www.worcestercab.org.uk](http://www.worcestercab.org.uk)

Where? Worcestershire

### Diocese of Worcester

Church of England Chaplaincy and Spiritual support

☎ 01905 20537

[www.cofe-worcester.org.uk/](http://www.cofe-worcester.org.uk/)

Where? Worcestershire

### Expert Patient Programme

Self management programme for people with long term health conditions

☎ 01527 507055

[www.expertpatients.co.uk/public/default.aspx](http://www.expertpatients.co.uk/public/default.aspx)

### Farm Crisis Network

Helpline staffed 7am - 11pm Support for farming families during times of stress

☎ 01886 821339

☎ Helpline 0845 367 9990

[www.farmcrisisnetwork.org.uk/help](http://www.farmcrisisnetwork.org.uk/help)

### Headway Worcester

Support for people & families affected by brain injury

☎ 01905 756336

[www.headwayworcestertrust.com](http://www.headwayworcestertrust.com)

Where? Worcester

» Dickenson Court, Wordsworth Av, Worcester WR3 8DW

### MIND

Online information leaflets & drop in services

☎ Evesham 01386 429454

☎ Malvern 01684 561503

[www.mind.org.uk](http://www.mind.org.uk)

### Our Way Self Advocacy

Empowering people to speak up for themselves

☎ 01562 820262

[www.ourwayselfadvocacy.com](http://www.ourwayselfadvocacy.com)

Where? Kidderminster

» Burgage Lodge, 184 Franche Road, Kidderminster, DY11 5AD

### Redditch Activity Referrals

☎ 01527 64676

### Shaw Community Services

☎ 01905 360140

Where? Worcestershire

» 147 London Road, Worcester WR5 2ED

### Shaw Healthcare

☎ 01905 829820

Where? Worcestershire

» Brook Farm, Brook End Lane, Kempsey WR5 3LF

### Worcester Association for the Blind

☎ 01905 723245

[www.wabsight.org.uk](http://www.wabsight.org.uk)

Where? Worcestershire

» The Bradbury Centre, Sansome Walk, Worcester WR1 1LH

### Worcestershire Mental Health Network

Monitoring mental health services

☎ 01905 724583

[www.wmhn.org.uk](http://www.wmhn.org.uk)

» The Angel Centre, Angel Place, Worcs WR13QN

### Worcestershire Race Equality Council

Promoting racial equality and fighting discrimination

[www.worcestershirerrec.org.uk](http://www.worcestershirerrec.org.uk)

» Queen Elizabeth House, The Trinity, Worcester WR1 2PW

Where? Worcestershire

### Worcester Snoezelen

Provide people who have sensory and learning disabilities with appropriate relaxation and leisure facilities.

☎ 01905 748229

[www.worcestersnoezelen.org.uk](http://www.worcestersnoezelen.org.uk)

Where? Worcestershire

» 3 Turnpike Close, Worcester WR2 6AB

• Practical Support

## Adult Community Services overleaf...



## Notes

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# Support Services/Adult Community Services

## Worcestershire Mental Health NHS Partnership Trust

### Trust Offices

☎ 01527 488000

e: [ftoffice@worcsmhp.nhs.uk](mailto:ftoffice@worcsmhp.nhs.uk)

» Isaac Maddox House, Shrub Hill Road, Worcester WR4 9RW

### Foundation Trust Office

☎ 01905 681425

## Community Mental Health Teams (CMHT)

*Provide support, training and employment for people with mental health problems*

### Worcester CMHT

☎ 01905 734520

» Studdert Kennedy House, Spring Gardens, Worcester WR1 2AE

### Malvern CMHT

☎ 01684 565471

» Touchstone Centre, Geraldine Road, Malvern WR14 3NT

### Wyre Forest

☎ 01562 826381

☎ 07553383331

» The Robertson Centre, Kidderminster Hospital, Bewdley Road, Kidderminster, Worcs. DY11 6RJ

### Redditch CMHT

☎ 01527 488703

» Orchard Place, Orchard St, Redditch B98 7DP

### Bromsgrove CMHT

☎ 01527 488440

» Rivendell, Wendron House, Windsor St, Bromsgrove B60 2B

### Droitwich CMHT

☎ 01905 681070

» Covercroft, Colman Road, Droitwich, WR9 9UU

### Evesham CMHT

☎ 01386 502510

» Waterside, Evesham Community Hospital, WR11 1JT

### Community Development Workers

☎ 01905 734520

☎ 01527 488440

### Patient Advice and Liaison Service (PALS)

☎ 01905 681517

E: [pals@worcsmhp.nhs.uk](mailto:pals@worcsmhp.nhs.uk)

*Community, service user and carer engagement / communications and media enquiries*

☎ 01905 681612

## Worcestershire Walk-in Health Centre

*GP appointments for everyone 8am-8pm*

*365 days a year*

01905 879100

[www.worcesterwalkin.co.uk](http://www.worcesterwalkin.co.uk)

### Worcestershire

» Farrier Street, Worcester WR1 3BH

? Worcestershire

• Practical Support



Worcestershire   
Mental Health Partnership NHS Trust

# Women and Men

## **ASHA Women's Centre**

*Offers access to resources to help women find a route out of offending, poverty and deprivation as well as raising their emotional confidence. Counselling funded courses, training, employment advice, crèche*

☎ **01905 767552**

**[www.wedo.org.uk/  
Asha\\_Centre.htm](http://www.wedo.org.uk/Asha_Centre.htm)**

Where? Worcestershire

» 26 London Road, Worcester,  
WR5 2DL, UK

## **Cedar Tree Pregnancy Crisis and Post Abortion Support Centre**

*Support and counselling for women whose issues involve pregnancy, miscarriage and stillbirth*

☎ **01905 616166**

**[www.careconfidential.com/  
worcester/default.aspx](http://www.careconfidential.com/worcester/default.aspx)**

Where? Worcestershire

» The Angel Centre, 1 Angel  
Place, Worcester, WR13QN

## **Mens' Health Forum**

*Information and advice for all men's health issues*

**[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)**

## **Sandycroft Well-being Centre**

*Women and family support centre. Nursery, after school club, homework club. Multi-cultural resource centre for early years providers and various confidence-building and vocational courses.*

☎ **01527 595135**

Where? Redditch

» Sandycroft, West Avenue,  
Smallwood Redditch  
Worcestershire, B98 7DH

## **West Mercia Women's Aid**

*Domestic Violence helpline*

☎ **01562 864864**

☎ **0800 980 3331**

**[www.womensaid.org.uk/  
default.asp](http://www.womensaid.org.uk/default.asp)**

## **Women's Refuge**

☎ **01684 891623** or

☎ **Outreach 01905 764666**

**[www.womensaid.org.uk](http://www.womensaid.org.uk)**

Where? Worcestershire

## **Worcester Rape and Sexual Abuse Support Centre**

*WRSASC is a free, confidential and non-judgmental service run by women for women who have experienced any form of rape or sexual abuse at any time. Also offers training and awareness programs for organisation*

☎ **01905 611655**

**[www.wrsasc.org.uk](http://www.wrsasc.org.uk)**

Where? Worcestershire





Wellness Works, Community First  
Malvern View, Willow End Park  
Blackmore Park Road, Malvern,  
Worcestershire WR13 6NN  
**Tel.** 01684 312730  
**Fax.** 01684 311278  
**email:** [wellnessworks@comfirst.org.uk](mailto:wellnessworks@comfirst.org.uk)  
[www.comfirst.org.uk/wellness\\_works](http://www.comfirst.org.uk/wellness_works)

