



LOTTERY FUNDED

MENTAL HEALTH SERVICES

EDWARD PARRY CENTRE

Social services run centre and support service for Wyre Forest

Telephone: 0800 6072000

TRIPOD

Provides purposeful training and employment opportunities for people suffering from long-term mental illness

Telephone: 01527 488706

SHAW TRUST AND THE SHELTERED PLACEMENT SCHEME

Minicom:

The Shaw trust can offer people with disabilities assistance to job search, full pay - the rate for the job, equal conditions, hours, holidays, sick pay, pay rises as host company, realistic expectations of work capability by host employer, access to Shaw Trust and Development & Support Officer as and when required.

Website: www.shaw-trust.org.uk

Telephone: 01905 795194

Telephone: 08457 697288

MIND information line

Website: www.mind.org.uk

Telephone: 0845 7660163

WORCESTER CITY MIND

Gatehouse

Berkeleys Court

Worcester WR1 3QD

Email: worcestercitymind@hotmail.com

Telephone: 01905 350912

WYRE FOREST MIND

Paddington House (Room 209)

New Road

Kidderminster DY10 1AL

Email: wyreforestmind@btconnect.com

Telephone: 01562 865035

Bromsgrove and Redditch Mind

Rivendell, Wendron House

Windsor Street

Bromsgrove B60 2BL

Telephone: 07885 582457

SANE

Sane Line

SANE works closely with other mental health charities and external organisations and is an active member of the Mental Health Alliance.

Website: www.sane.org.uk

Telephone: 0845 7678000



THE ASSOCIATION FOR POST-NATAL ILLNESS

145 Dawes Road

Fulham

London SW6 7EB

Hours of opening: 10.00am-2.00pm (Mon, Wed & Fri) 10.00am-5.00pm (Tues & Thurs)

Email: info@apni.org

Website: www.apni.org

Telephone: 0207 386 0868

BRISTOL CRISIS SERVICE FOR WOMEN

Office/Admin

Helpline opening hours are 9.00pm-12.30am Fri & Sat 6.00 - 9.00pm Sunday.

They provide a national telephone helpline for women in emotional distress, particularly women who self-injure, offering confidential, non-judgemental support. They also have a range of publications and information on self injury and provide training for professionals who work with people who self-harm.

PO Box 654

Bristol BS99 1XH

Website: www.users.zetnet.co.uk/bcsw

Helpline: 0117 9251119

Telephone: 0117 9279600

DEPRESSION ALLIANCE

Depression Alliance is the leading national charity providing information, support and understanding for those affected by depression and their carers.

35 Westminster Bridge Road

London

SE1 7JB

Email: information@depressionalliance.org

Website: www.depressionalliance.org

Telephone: 020 76330557

Fax: 020 76330559

DEPRESSION UK

“Depression UK” (D-UK), “Formerly the Fellowship of Depressives Anonymous” is a national self help organisation that has operated within the United Kingdom ever since it was founded in 1973. It was first registered as a charity in 1979. They wish to help anyone who is troubled by depression.

This illness does not discriminate against a person because of their age, race, creed, colour, culture, physical or mental disability, sexual orientation, or economic and social status – and neither do they!!

Self Help Nottingham

Ormiston House

32-36 Pelham Street

Nottingham

NG1 2EG

Website: <http://www.depressionuk.org>

RICHMOND FELLOWSHIP

A charity and housing association. Providing care and rehabilitation to enable people with mental health, learning disabilities, addictions and other problems to live in the community.

Website: www.richmondfellowship.org.uk

Telephone: 020 76973300

in Connect Wyre Forest

10-12 Blackwell Street

Kidderminster

DY10 2DP

Telephone: 01562 60241 (Business Line)

Telephone: 0800 970 7202 (Helpline)

Fax & Minicom: 01562 68248

Email: info@nwdial.org.uk

Website: www.nwdial.org.uk



MDF THE BIPOLAR ORGANISATION

Telephone: 08456 340 540

MDF the Bipolar Organisation works to enable people affected by bipolar disorder / manic depression to take control of their lives.

Castle Works
21 St. Georges Road
London SE1 6ES

Email: mdf@mdf.org.uk

Website: www.mdf.org.uk

SEASONAL AFFECTIVE DISORDER ASSOCIATION (SAD)

SAD is a voluntary organisation and registered charity which informs the public and health professionals about SAD and supports and advises sufferers. It produces three newsletters a year and has a network of contacts.

PO Box 989
Steyning
West Sussex BN44 3HG

Website: www.sada.org.uk

FIRST STEPS TO FREEDOM

Helpline: 0845 120 2916

Help, advice and support to families and sufferers of phobias, panic attacks and obsessive compulsive disorder together with help, advice and support to families of those with borderline personality disorder.

First Steps to Freedom
PO Box 476
Newquay
Devon TR7 1WQ

Email: info@first-steps.org

Website: www.first-steps.org

NATIONAL PHOBICS SOCIETY (NPS)

Telephone: 08444 775 774

Provides support, advice, information and services including clinical hypnotherapy, counselling, nationwide network of support groups, alternative therapies. Support for those with: agoraphobia, social phobia, body dysmorphic disorder (BDD), tranquilliser problems, obsessive compulsive disorder (OCD), panic attacks, generalised anxiety disorder (GAD), phobias and post traumatic stress disorder (PTSD).

Zion Community Resource Centre
339 Stretford Road
Hulme
Manchester M15 4ZY

email: info@phobics-society.org.uk

Website: www.phobics-society.org.uk

RETHINK SEVERE MENTAL ILLNESS

Telephone: 01386 49110

Provides a range of accommodation and support to individuals with long term mental illness.

Website: www.rethink.org

in Connect Wyre Forest
10-12 Blackwell Street
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Telephone: 01562 60241 (Business Line)

Telephone: 0800 970 7202 (Helpline)

Fax & Minicom: 01562 68248

Email: info@nwdial.org.uk

Website: www.nwdial.org.uk

MENTAL AFTER CARE ASSOCIATION (MACA)

Telephone: 020 70613400

Fax: 020 70613401

MACA is a leading mental health charity providing high quality community services including advocacy, assertive outreach schemes, community support, employment schemes, forensic services, information, respite for carers, social clubs and supported accommodation. MACA also works for positive change in mental health legislation and practice.

Email: maca@maca.org.uk

Web: www.maca.org.uk

MENTAL HEALTH FOUNDATION

Telephone: 020 7803 1101

Fax: 020 7803 1111

The Mental Health Foundation exists to help people survive, recover from and prevent mental health problems.

London Office

9th Floor, Sea Containers House

20 Upper Ground

London SE1 9QB

Website: www.mentalhealth.org.uk

YOUNG MINDS (Monday to Friday 9.30am-5.30pm)

Telephone: 020 73368445

Young Minds campaigns about the importance of children's mental health; the importance of recognising when a child is troubled and providing adequate support for these children before their problems escalate out of control.

48-50 St John Street

London EC1M 4DG

Website: www.youngminds.org.uk

YOUNG MINDS PARENTS INFORMATION SERVICE

Telephone: 0800 0182138

Monday and Friday 10–1pm

Tuesday, Wednesdays and Thursday from 1-4pm

Wednesday evenings from 6-8 pm

Website: www.youngminds.org.uk/parents

No responsibility is accepted for the level of service provided by the organisations listed in this publication.

All details are correct at time of publication. However, if you find any information is inaccurate or out-of-date, please call us.

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