

MENTAL HEALTH

Contacts

Anxiety.....	2
Autism	2
Bereavement.....	3
Black and Minority Ethnic	4
Bipolar Disorder	5
Carers	5
Creativity and Mental Health	6
Crime Victims	7
Depression.....	8
Disability.....	8
Drugs and Alcohol	9
Eating Disorders	11
Employment and Mental Health.....	12
Family, parenting and relationships.....	12
General mental health support.....	13
Hate Crime Reporting Centres	14
Legal Advice.....	14
LGBT+	15
Male Support.....	15
Money Management and Debt.....	16
Nutrition and Lifestyle Support.....	17
Older People.....	17
Perpetrator Support.....	17
Personality Disorder.....	18
Physical First Aid.....	18
Psychosis	18
Refugees.....	18
Self-Harm.....	19
Self-help and Online Resources.....	20
Students	20
Stigma.....	20
Suicide Prevention.....	20
Young People.....	21
Armed Forces	21
Veterans of the Armed forces, Coventry	21

Anxiety		
*See 'General' for Local Mental Health Support		
National		
Anxiety UK	A national charity that provides information, support and an extensive range of services, including 1:1 therapy for anxiety and phobias.	<ul style="list-style-type: none"> Email: support@anxietyuk.org.uk Telephone: 08444 775 774 Text: 07537 416 905 www.anxietyuk.org.uk Hours: Mon-Fri 09:30-17:30
No Panic	A charity that specialises in self-help-based recovery, helping to break the chain of anxiety disorders.	<ul style="list-style-type: none"> Email: admin@nopanic.org.uk Helpline 0844 967 4848 Youth helpline (13-20 years): 01753 840 393 www.nopanic.org.uk Hours: Youth Helpline: Mon-Fri 16:00-18:00; (20+ years): Mon-Sun 10:00-22:00
OCD Action	OCD Action provides support and information to anybody affected by Obsessive Compulsive Disorder and raises awareness of the disorder amongst the public and front-line health workers.	<ul style="list-style-type: none"> Email: support@ocdaction.org.uk Helpline: 0845 390 6232 www.ocdaction.org.uk 506-507 Davina House, 137-149 Goswell Road, London EC1V 7ET Hours: Mon-Fri 09:00- 17:00
OCD-UK	A recovery focused charity providing evidence-based information, advice and support to those affected by obsessive-compulsive disorder.	<ul style="list-style-type: none"> Email: support@ocduk.org Telephone: Support Queries: 03332 127 890 www.ocduk.org Harvest Barn, Chevin Green Farm, Chevin Rd, Belper, Derbyshire, DE56 2UN Hours: Usually available between Mon-Fri 10:00-16:45 (due to volunteer shortages the phonenumber is not always available, in which case please email.)

Autism		
Coventry		
Coventry Action for Autism Group (CAFAG)	Run by parents for parents. Information on how to support autistic children and their families They meet every second month at The Friends Meeting House, Hill Street, Coventry	<ul style="list-style-type: none"> Email: Info@autismwestmidlands.org.uk Telephone: Kellie: 024 7668 8521 or Mary: 024 7622 2958 Limbrick Wood Centre Thomas Naul Croft, Coventry, CV4 9QX https://www.coventry.gov.uk/info/16

		2/send_information_advice_and_support_service_iass/264/local_support_groups/3
Coventry and Warwickshire mind autism support service	Support for children or young people with autism. See web page for referral details.	<ul style="list-style-type: none"> • Contact Form: https://cwmind.org.uk/contact-us/ • Telephone 02476 631 835 • Autism Support Service, The Junction, 141 Far Gosford St, Coventry CV1 5DY • https://cwmind.org.uk/autism-support-service/
Autism West Midlands	Provide activities, events and support for families, and an information helpline. Help autistic people to find and keep a job and offer training for parents of children on the autism spectrum.	<ul style="list-style-type: none"> • Email: info@autismwestmidlands.org.uk • Telephone Office: 0121 450 7582 Helpline: 0121 450 7575 • https://www.autismwestmidlands.org.uk/ • Hours: Mon-Fri 9am-4:30pm
National		
National Autistic society	Helping to improve the lives of autistic people. Offer support also to carers.	<ul style="list-style-type: none"> • Email: online enquiry form • Helpline: 0808 800 4104. • 393 City Road, London, United Kingdom, EC1V1 • https://www.autism.org.uk/about.aspx • Hours: Mon-Thur 10am-4pm; Fri 9am-3pm

Bereavement		
Coventry		
Coventry Bereavement Services	Coventry Bereavement Services will support you and your family when planning a funeral either for burial or cremation.	<ul style="list-style-type: none"> • Email: bereavement.services@coventry.gov.uk • Telephone: 02476785486 • The Lodge, Cannon Hill Road, Coventry, CV4 7DF • https://www.coventry.gov.uk/info/160/deaths • Hours: Mon-Fri 8:30-16:00, Sat-Sun Closed
Cruse Bereavement Care	Offer support, advice and information to children, young people and adults when someone dies. Cruse also has a free helpline, bereavement counselling and facilitated self-help groups.	<ul style="list-style-type: none"> • Email: coventry@cruse.org.uk • Telephone: 024 7667 0714 • Free helpline: 0808 808 1677 • http://www.cruse.org.uk • Hours: Free helpline: Mon 9:30-17:00 Tues-Thurs 9:30-20:00 & Fri 9:30-17:00.
Bereaved Parents Support Group (NHS)/SANDS Support	A support group in Coventry set up by midwives to provide support for parents who lose babies during pregnancy. This group is run in conjunction with SANDS (Stillbirth and Neonatal	<ul style="list-style-type: none"> • Telephone: 02476 967 310 or 07896 500 237 • Walsgrave Baptist Church, Hinckley Road, Walsgrave, Coventry, CV2 2GX

Group	Death Society)	
National		
Child Death Helpline	A free phone service for anyone affected by the death of a child at any age. Staffed by bereaved parents who are trained, supervised and supported by a professional team.	<ul style="list-style-type: none"> Email: contact@childdeathhelpline.org Telephone: 0800 282 986 or 0808 800 6019 if calling from a mobile. http://childdeathhelpline.org.uk/ Barclay House, 37 Queen Square, London WC1N 3BH Hours: Mon 10:00-13:00/ 19:00-22:00, Tues-Wed 10:00-16:00/ 19:00-22:00, Thurs-Fri 10:00-13:00/19:00-22:00
The Compassionate Friends	A charitable organisation of bereaved parents, siblings and grandparents dedicated to providing peer support.	<ul style="list-style-type: none"> Email: helpline@tcf.org.uk Telephone: Helpline: 0345 123 2304; Office: 0345 120 3785 Head Office: Kilburn Grange, Priory Road, London NW6 7UJ Hours: Helpline: Every day of the year 10:00-16:00 & 19:00-22:00 Office: Mon-Fri 9:30-16:30, Sat-Sun Closed
Child Bereavement UK	Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.	<ul style="list-style-type: none"> Email: support@childbereavementuk.org http://www.childbereavementuk.org (live chat service) Telephone: Helpline: 0800 028 8840 Hours: Helpline: Mon-Fri 9:00-17:00

Black and Minority Ethnic		
Coventry		
Coventry Refugee and Migrant Centre	Provides essential information and practical help to refugees, asylum seekers and migrants in the Coventry area. Support includes; Advice, education, befriending, language classes, training/development, employment, safeguarding, housing, work and wellbeing, NHS health, counselling etc.	<ul style="list-style-type: none"> Email: info@covrefugee.org Telephone: 0276227254 Norton House, Bird Street, Coventry, CV1 5FX https://www.covrefugee.org/ Hours: Mon. - Thu. – 9.00 am – 5.00 pm and Fri. – 9.00 am – 4.00 pm
Minority Group Support Services	Provides specialist support and advice for young people from a minority ethnic heritage in areas such as language and cultural support.	<ul style="list-style-type: none"> Telephone: 024 7678 7752 https://cid.coventry.gov.uk/kb5/coventry/directory/service.page?id=hf2OBHUpZic
Panahghar	A registered charity that works to relieve poverty, physical and mental distress, domestic violence and abuse. Primarily for Asian women victims of violence, and their families.	<ul style="list-style-type: none"> Telephone: 02476228952 3 St. Margaret Road, Coventry CV1 2BT https://www.safehouse.org.uk/ Hours: 09:30-17:30
Meridian	GP Practice for refugees and asylum seekers in Coventry.	<ul style="list-style-type: none"> Telephone: 02476961594 City of Coventry Health Centre, 2 4FS, Stoney

		<p>Stanton Rd, Coventry CV1 4FS</p> <ul style="list-style-type: none"> • https://meridianpractice.nhs.uk • Hours: 08:00- 18:30 Mon to Fri.
NewStart4U	Supporting EU migrants to integrate, learning & training support	<ul style="list-style-type: none"> • Email: info@new-start4u.co.uk • Telephone: 02477671470 • 12-14 Riley Square, Coventry CV2 1LX, UK • https://new-start4u.co.uk • Hours: Mon-Fri: 10:00AM-2PM & 5:30PM-9PM Saturday: 9:00AM-12PM
FWT (Foleshill Women's Training)	Offers culturally sensitive and appropriate education, training, healthcare and employment opportunities for all women.	<ul style="list-style-type: none"> • Email: office@fwt.org.uk • Telephone: 02476637693 • 70-72 Elmsdale Avenue, Foleshill, Coventry CV6 6ES • http://www.fwt.org.uk/about-fwt/ • Hours: 9.00am – 3.00pm, Monday to Friday.
Tamarind Centre	Health & wellbeing support to BME communities, primarily mental ill health. Referrals can be from a professional organisation or self.	<ul style="list-style-type: none"> • Email: info@tamarindcentre.co.uk • Telephone: 02476227712 or 02476225512 • 3rd Floor, Harp Place, 2 Sandy Lane, Radford, Coventry, CV1 4DX • www.tamarindcentre.co.uk/ • Hours: Call for drop in Hours.
National		
The Monitoring Group	Promoting good race relations, education & awareness raising, to relieve the needs of those affected.	<ul style="list-style-type: none"> • Email: office@tmg-uk.org • Telephone: 02075827438 • 2 Langley Lane, London SW8 1GB • www.tmg-uk.org • Hours: Mon-Thurs 11am-6pm

Bipolar Disorder (also see general mental health)		
Coventry		
Bipolar support group	Each group is run by Bipolar UK and Volunteer Co-facilitators (who are affected by bipolar themselves) Support Groups are free to attend and are open to anyone affected by bipolar, including family, friends and carers.	<ul style="list-style-type: none"> • The Koco Building, 15 Arches Industrial Estate, Coventry, CV1 3JQ • https://www.bipolaruk.org/coventry-support-group • Hours: Meetings every 2nd Monday of the month. 7pm-9:00pm
National		
Bipolar UK	Charity supporting individuals with bipolar. Offering information on the condition and support.	<ul style="list-style-type: none"> • Email: info@bipolaruk.org • Telephone: 0333 323 3880 • https://www.bipolaruk.org/ • Hours:

Carers		
Coventry		
Coventry	A free and confidential service to	<ul style="list-style-type: none"> • Email:

Carers Trust Heart of England	help carers meet individual needs.	<p>contactus@carerstrusthofe.org.uk</p> <ul style="list-style-type: none"> • Helpline: 024 76101040 X 308 • http://www.coventrycarers.org.uk • Coventry Central Library, Coventry, CV1 1FY • Hours: Mon-Fri 08:30-17:00 & Sat 10:00-14:00 <p>*Skype Video Calls can be booked and workers speak a number of community languages including Urdu, Hindi, Panjabi, French and Mandarin.</p>
National		
Carers UK	Offer advice information and support for carers across the UK.	<ul style="list-style-type: none"> • Email: info@carersuk.org • Telephone: 0808 808 7777 • https://www.carersuk.org/ • 20 Great Dover Street London SE1 4LX • Hours: Monday and Tuesday 10am-4pm

Creativity and Mental Health		
Coventry		
Artspace Coventry	A charity supporting the development of artists and the visual arts in Coventry.	<ul style="list-style-type: none"> • Email: mail@coventry-artspace.co.uk • Telephone: 024 7655 3533 • https://coventry-artspace.co.uk • Floor 4, Eaton House, Coventry CV1 2FJ • Hours: Drop-in: 10:30am-12:00pm first Friday of every month
Arty Folks	A community of like-minded people with a passion for the visual arts. Offering Art as Therapy. Projects use different materials from paint, clay, textiles, tissue paper etc.	<ul style="list-style-type: none"> • Email: info@arty-folks.co.uk • Telephone: 02476 414740 or 07443 643634 • https://arty-folks.co.uk • Office 1st Floor, Eaton House, 1 Eaton Road, Coventry, CV1 2FJ • Workshop Hours: Wed 12:30-14:30 every week apart from Christmas and New Year • Workshop Location: Holyhead studio 16 Lower Holyhead Rd, Cv13AU • Workshop Cost: £2/ session
FAB lab	Fab Lab Coventry is open to anyone. From budding entrepreneurs, artists, creatives, to school pupils, anyone wanting to gain new skills to those wanting to share their skills with others. Fab Labs are built on a community of sharing ideas and knowledge with one another.	<ul style="list-style-type: none"> • Email: info@fablabcov.org.uk • Telephone: 02476220296 • www.covfablab.org.uk • Unit 27 City Arcade, City Centre, Coventry, CV13HX • Hours: Mon-Fri 9:00am- 5:00pm
Local	A welcoming adult choir that	<ul style="list-style-type: none"> • Email: admin@localvocals.co.uk

Vocals	believes everyone can help to improve the choirs sound. You will not need to have previous experience.	<ul style="list-style-type: none"> • Allesley Park Evangelical Church • Hours: Choir meets 7.00pm - 8.00pm every Wednesday Night
Coventry Music Hub	Major provider of Youth music activity across Coventry such as training and music/choir groups. Has an Adult Twilight programme.	<ul style="list-style-type: none"> • Email: music@coventry.gov.uk • Telephone: 02475 270955 • Room G5, Enterprise House, Foleshill Enterprise Park, Courtaulds Way, Coventry, West Midlands, CV6 5NX
National		
Creative response	Visual and performance arts used in a therapeutic environment when treating mental health/ addiction issues.	<ul style="list-style-type: none"> • Email: contact@creativeresponsearts.org • Telephone: 0125 271 6876 • www.createresponsearts.org
Sound minds	Social enterprise aiming to support mental health issues through art.	<ul style="list-style-type: none"> • Email: staff@soundminds.co.uk • Telephone: 0207 207 1786 • 20-22 York Road, Battersea, London. SW11 3QA • www.soundminds.co.uk • Hours: Mon-Fri 8:30am-6:00pm
Tempo	Tempo has a vision for strong, connected communities where everyone's time is valued. They work with communities in England and Wales – enabling more people to contribute to their local community and be recognised for the time that they give.	<ul style="list-style-type: none"> • Email: Online Contact Form • Telephone: 029 2056 6132 • Unit 2, 58-62 Cowbridge Road West, Cardiff CF5 5BS • www.wearetempo.org

Crime Victims (also see hate crime reporting)		
Coventry		
Victim Support West Midlands	A confidential service offering a variety of services to those affected by crime.	<ul style="list-style-type: none"> • Telephone: 0300 303 1977 • Out of Hours Support line: 08 08 16 89 111 • https://www.victimsupport.org.uk • Hours: 8am-8pm Monday to Friday, and 9am-5pm Saturday to Sunday. Support line is 24/7
Witness Services (Victim Support)	Victim Support's Witness Service helps victims, witnesses and their families and friends before, during and after the trial.	<ul style="list-style-type: none"> • Available at every court in the country • http://www.victimsupport.org.uk • Telephone: Support line :0808 1689 111 • Hours: 24/7
National		
Victim support information service	Helping people affected by crime to find support locally	<ul style="list-style-type: none"> • Telephone: 0808 1689 111 • https://www.victimsupport.org.uk/ Contact form: https://www.victimsupport.org.uk/help-and-support/get-help/request-support

Depression (also see general mental health)		
Coventry (* see general mental health for local services)		
National		
Association for postnatal illness	Supporting women who are experiencing postnatal depression	<ul style="list-style-type: none"> Email: info@apni.org Telephone: 0207 386 0868 www.apni.org Hours: Mon-Fri 10am-2pm
Charlie Waller Memorial trust	Foundation dedicated to educating people on the importance of looking after mental health	<ul style="list-style-type: none"> Email: admin@cwmt.org Telephone: 01635 869754 www.cwmt.org
Depression UK	Self-help organisation offering support to those suffering with depression	<ul style="list-style-type: none"> Email: info@depressionuk.org www.depressionuk.org
PANDAS foundation	Support services for those affected by perinatal mental health problems	<ul style="list-style-type: none"> Email: info@pandasfoundation.org.uk Telephone: 0843 2898 401 www.pandasfoundation.org.uk Hours: 9am-8pm every day

Disability		
Coventry		
Life Path Trust	Supports people with learning disabilities in Coventry.	<ul style="list-style-type: none"> Telephone: 02476650530 511 Walsgrave Road Coventry CV2 4AG www.life-path.org.uk Email: Can be sent using contact form on Website.
All Age Disability Service	Supporting those with lifelong physical impairment, brain injury or learning disability.	<ul style="list-style-type: none"> Email: ascdirect@coventry.gov.uk Telephone: 0247683003 Council House, PO Box 15, Earl Street, Coventry CV1 5RR https://www.coventry.gov.uk
Coventry & Warwickshire Deaf Centre	Youth group, interpreting services, lip reading classes	<ul style="list-style-type: none"> Email: info@coventrydeafcentre.org.uk Telephone: 024 7652 0378 Henry Fry Centre, Hertford Place, Coventry CV1 3JZ http://www.coventrydeafcentre.org.uk/ Hours: 9am-5pm mon-fri
SCOPE	Equality for disabled people. Provide practical information and emotional support	<ul style="list-style-type: none"> Email: helpline@scope.org.uk Telephone: 0808 800 3333 Scope, Here East Press Centre, 14 East Bay Lane, E15 2GW, United Kingdom www.scope.org.uk Hours: Monday to Saturday: 8am to 8pm; Sunday and most bank holidays: 10am to 6pm
National		
Mencap	Provide advice for people with a	<ul style="list-style-type: none"> Email: helpline@mencap.org.uk

	learning disability, families and carers on topics like employment and education, helping to live independently for the first time, reporting crime and joining leisure activities.	<ul style="list-style-type: none"> • Telephone: Helpline: 0808 808 1111 • London Office: 020 7454 0454 • www.mencap.org.uk • 123 Golden Lane, London, EC1Y 0RT (London Office) • Hours: Helpline: Mon-Fri 09:00-15:00 • London office: Mon-Fri 9:00-17:00
Hft	A national charity providing person-centred services to people living with learning disabilities. Services include supported living, domiciliary care, residential care, day opportunities, financial support etc.	<ul style="list-style-type: none"> • Email: (use form on website contact page) • Telephone: 0117 906 1700 • www.hft.org.uk • Central support office; 5/6 Brook Office Park, Folly Brook Rd, Emersons Green, Bristol, BS16 7FL
Generate	Offering flexible, person-centred support to those with learning disabilities to plan and build a better future. Help with individual aspirations, making decisions and choices, social networks, work, practical skills and ongoing support.	<ul style="list-style-type: none"> • Email: enquires@generate-uk.org • Telephone: 020 8879 6333 • http://www.generate-uk.org • 73 Summerstown, London, SW17 0BQ

Drugs and Alcohol		
Coventry		
Healthy Lifestyles Coventry	Provides support and coaching for people who are not dependent on alcohol but would like to reduce their intake.	<ul style="list-style-type: none"> • Email: info@hlscoventry.org • Telephone: 0800 122 3780 • HLS Coventry is based at 2nd Floor, John Sinclair House, Canal Basin, Coventry CV1 4LY • https://hlscoventry.org/our-services/alcohol/
Change Grow Live	Specialist service that provides support to those that misuse drugs, alcohol or other substances or cause considerable harm to themselves, their family or community. This includes harm to their own physical or mental health and wellbeing.	<ul style="list-style-type: none"> • Email: Coventry.referrals@cgl.cjsm.net • Telephone: 02476 010241 • 1 Lamb Street, Coventry, CV1 4AE, United Kingdom. • https://changegrowlive.org • Referral Form: https://changegrowlive.org/content/CGL-coventry/professionals-referral-form • Hours: Monday-Friday 9:00 – 17:00 and on Tuesday 09:00-19:00
Recovery Partnership	A recovery-focused treatment service for residents across Coventry and Warwickshire who have a drug or alcohol problem.	<ul style="list-style-type: none"> • Telephone: 02476 630135 • 8 Ironmonger Row, Coventry, CV1 1FD • Hours: Monday to Friday 9.00am - 5.00pm (7.00pm on Tuesdays)
Talk to FRANK	A drugs education service which provides non-judgemental advice and information about the effects	<ul style="list-style-type: none"> • Email: frank@talktofrank.com (the subject reply will not have your question in it)

	of a wide range of drugs.	<ul style="list-style-type: none"> • Telephone: 03001236600 • Or text 82111 and FRANK will text back. • www.talktofrank.com • Live Chat: 2pm-6pm, 7 days a week.
Coventry Young Person's Service	A free confidential young person's early intervention and substance misuse service for young people, their families, carers and affected others.	<ul style="list-style-type: none"> • Email: coventryyp.info@cgl.org.uk • Telephone: 02476 553130 • 23 - 25 City Arcade, Coventry, CV1 3HX
National		
Addaction	Supports adults, children and young people with alcohol, drugs and promotes positive mental health and wellbeing.	<ul style="list-style-type: none"> • Email: info@addaction.org.uk • www.addaction.org.uk • Telephone: 020 7251 5860 • Lower Ground Floor, Gate House, 1-3 St. John's Square, London, England, EC1M 4DH
Adfam	Provides support for families that have been affected by drugs and alcohol. Website offers training and information.	<ul style="list-style-type: none"> • Email: admin@adfam.org.uk • www.adfam.org.uk • Telephone: 02038179410 • Adfam, 2nd Floor, 120 Cromer Street, London. WC1H 8BS
Al-Anon Family Groups UK & Eire	A support for people whose lives have been impacted by someone else's drinking.	<ul style="list-style-type: none"> • Email: enquires@al-anonuk.org.uk • www.al-anonuk.org.uk • Telephone: Office:0207593 20700 • Helpline: 08000866811 • Al-Anon Family Groups UK & Eire 57B Great Suffolk Street London SE1 0BB • Hours: Helpline available 10 am - 10 pm, 365 days a year.
Alcoholics Anonymous	Runs 12-step recovery group sessions for those who make to make changes to their drinking behaviours.	<ul style="list-style-type: none"> • Email: help@aamail.org • https://www.alcoholics-anonymous.org.uk/ • Telephone:08009177650 • Alcoholics Anonymous, PO Box 1, 10 Toft Green, York YO1 7NJ
Alcohol Concern	A Charity which envisions a future where people drink as a conscious choice, not a default; where the issues which lead to alcohol problems – like poverty, mental health issues, homelessness – are addressed; where those of us who drink too much, and our loved ones, have access to high-quality support whenever we need it, without shame or stigma.	<ul style="list-style-type: none"> • Email: contact@alcoholchange.org.uk • https://alcoholchange.org.uk • Telephone:020 3907 8480 • London Office: Alcohol Change UK 27 Swinton Street London WC1X 9NW
Alcohol Health Network	A UK-based social enterprise aimed at improving alcohol-related health in the workplace and communities.	<ul style="list-style-type: none"> • Email: hello@alcoholhealthnetwork.co.uk • www.alcoholhealthnetwork.org.uk

	A range of services including alcohol harm reduction, training, education and counselling.	<ul style="list-style-type: none"> • Telephone: 02031512420 • 465A Hornsey Road, Unit 4, First Floor, London N19 4DR
Cocaine Anonymous	Organisation running 12-step self-help groups for those with the desire to stop using cocaine.	<ul style="list-style-type: none"> • Email: helpline@cauk.org.uk • Telephone: 0800 612 0225 • https://cocaineanonymous.org.uk/ • Mailing CAUK, P.O. Box 1337, Enfield EN1 9AS
Drinkline	A free confidential National helpline for those concerned about their own or another's drinking.	<ul style="list-style-type: none"> • Helpline: 0300 123 1110 • Hours: Weekdays 9am to 8pm, weekends 11am to 4pm
Gamblers Anonymous UK	Organisation running 12-step recovery groups across the UK for those with the desire to stop gambling.	<ul style="list-style-type: none"> • Email: info@gamblersanonymous.org.uk • Telephone: Use Online Contact Form • https://www.gamblersanonymous.org.uk • Address: Head Office: The Wellness Centre, 45 Montrose Avenue, Intake, Doncaster, DN2 6PL
Marijuana Anonymous UK	Organisation running 12-step recovery groups across the UK for those with the desire to stop addiction to marijuana.	<ul style="list-style-type: none"> • Email: helpline@marijuana-anonymous.org.uk • Telephone: 03001240373 • www.marijuana-anonymous.org.uk
Narcotics Anonymous UK	Organisation running 12-step recovery groups across the UK for those with the desire to change narcotic use. More than 1000 meetings running every week.	<ul style="list-style-type: none"> • Email: meetings@ukna.org • Telephone: Helpline: 0300 999 1212 • www.ukna.org • Hours: Helpline: 10am-Midnight (7 days a week)
UK Smart Recovery	Provides training to people to help them manage their recovery from all addictions, including drugs, alcohol, gambling, sex, shopping etc.	<ul style="list-style-type: none"> • www.smartrecovery.org.uk • Use contact form on website to contact.

Eating Disorders		
Coventry		
Coventry Eating Disorder Service (CEDS)	An outpatient adult mental health service, specially designed to meet the needs of people with an eating disorder. The service does not accept self-referrals.	<ul style="list-style-type: none"> • Telephone: 0300 200 0011 • 2 Dover Street, City Centre, Coventry CV1 3DB • https://www.nhs.uk/conditions/eating-disorders/
National		
ABC (anorexia and bulimia care)	Care, support and guidance for those suffering with eating disorders	<ul style="list-style-type: none"> • Email: support@anorexiabulimiacare.org.uk • Telephone: 0300 011 1213 • www.anorexiabulimiacare.org.uk
Beat	Helplines for both adults and young people. Online support and groups across the UK.	<ul style="list-style-type: none"> • Email: help@b-eat.co.uk (18 and over) • Fyp@b-eat.co.uk (25 or under) • Telephone: 0345 634 1414 (over 18)

		<ul style="list-style-type: none"> • 0345 634 7650 (under 25) • www.b-eat.co.uk
--	--	--

Employment and Mental Health		
Coventry		
The Job Shop	Provide a wide range of support to all Coventry residents, of all ages, who are looking for work. They actively work with employers to generate opportunities for local people.	<ul style="list-style-type: none"> • Email: jobshop@coventry.gov.uk • Telephone: 024 7678 5740 • https://www.coventry.gov.uk/jobshop • 1 Bull Yard Coventry CV1 1LH • Hours: Mon-Wed 9:15-4:30pm , Thurs 10:30-4:30pm and Friday 9:15-4:30pm
WATCH charity	Offers dedicated workshops and Job clubs weekly with a range of employment services on a one to one and group level.	<ul style="list-style-type: none"> • Email: reception@watchcharity.org.uk • Telephone; 02476 550 564 • 12 Victoria Street, Hillfields, Coventry, CV1 5LZ • Hours: Monday 2.30-4.30pm and Thursday 2pm-4pm drop in

Family, parenting and relationships		
Coventry		
Positive Parenting	Offers free seminars and group programmes to Coventry families. Available for all families regardless of whether difficulties exist. Services include future planning and support to those experiencing day-to-day difficulties with relationships, behaviours, feelings and confidence.	<ul style="list-style-type: none"> • Email: parenting@coventry.gov.uk • Telephone: 02476786949 • Coventry City Council, PO Box 15, Council House, Coventry, CV1 5RR • coventry.gov.uk/positiveparenting (referral form) • Hours: 0800 4346127 •
Early Help	Provide help, advice and support to children, young people and families from pre-birth to 19 years old and 25 years old where there are special educational needs/disabilities.	<ul style="list-style-type: none"> • Coventry City Council, PO Box 15, Council House, Coventry, CV1 5RR • https://www.coventry.gov.uk/familysupport (referral form)
SEND Information, Advice and Support Services (IASS)	Provide impartial and accurate Special Educational needs and disability information, advice and support for parents/carers, children and young people (16-25 years)	<ul style="list-style-type: none"> • Email: IASS@coventry.gov.uk • Telephone:02476694307 • Limbrick Wood Centre, Thomas Naul Croft, Tile Hill, Coventry, CV4 9QX • https://www.coventry.gov.uk/iass • Hours: Mon-Thur 9am-5pm, Fri 9am-4:30pm
Family Hub	A place where children, young people and their families can go when they need free, confidential information,	<ul style="list-style-type: none"> • https://www.coventry.gov.uk/familyhubs

	advice and support.	
Coventry and Warwickshire Relate Centre	A national charity offering a range of services to help with couple and family relationships, including counselling support and therapy focused on relationship issues.	<ul style="list-style-type: none"> • Email: info@relatecoventry.org • Telephone: 02476225863 • 110a Elliot Court, Coventry Business Park, Herald Avenue, Coventry CV5 6UB • www.relatecoventry.org • Hours (for enquires): Mon- Thur 8:30-21:00, Fri 8:30-19:00, Sat 9:00-13:30, Sun Closed.
National		
Family Fund	Provides grants for families raising disabled or seriously ill children and young people.	<ul style="list-style-type: none"> • Email: info@familyfund.org.uk • Telephone: 01904550055 • 4 Alpha Court, Monks Cross Drive, York, YO32 9WN • www.familyfund.org.uk • Hours: Mon- Fri 9:00am-5:00pm
Family Action	Offering practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England.	<ul style="list-style-type: none"> • Email: General: info@family-action.org.uk • Parenting: NDPSS@family-action.org.uk • Telephone: General: 020 72546251 • Parenting help: 0808 802 022 or text 07537 404 282 • 34 Wharf Road, London, N1 7GR • www.family-action.org.uk • Hours:
Family Lives	A national charity that provides support in all aspects of family life. Offering a free confidential help-line and information/resources on issues relating to parenting.	<ul style="list-style-type: none"> • Email: askus@familylives.org • Telephone (help-line): 0808 800 2222 • www.familylives.org.uk • Hours: Mon-Fri 9am-21:00 and Sat-Sun 10:00-15:00

General mental health support		
Coventry		
Coventry and Warwickshire mind	Offer a range of services to support people struggling with mental health	<ul style="list-style-type: none"> • Email: enquiry form on contact us page of Website • Telephone: 024 7655 2847 • Wellington Gardens, Windsor St Coventry CV1 3BT • https://cwmind.org.uk/ • Hours: Mon-Fri 9-5pm
Mental Health Matters	A 24/7 confidential helpline providing emotional support to residents of Coventry who feel low, anxious, stressed or are having difficulty coping.	<ul style="list-style-type: none"> • Email: info@mh.org.uk • Telephone: 0800 616 171 • Webchat: https://www.mhm.org.uk/coventry-warwickshire-helpline • Hours: Call-line available 24/7
Samaritans	24/7 confidential emotional	<ul style="list-style-type: none"> • Email: jo@samaritans.org

	support for people who are feeling distressed or in despair – including suicidal thoughts or ideations.	<ul style="list-style-type: none"> • Telephone: 116123 • www.samaritans.org • Hours: call line 24/7
Saneline	Out of hours mental health and emotional support	<ul style="list-style-type: none"> • Telephone: 0300 304 7000 • www.sane.org.uk • Hours: 6pm-11pm every day
Mind infoline	Information on mental health issues	<ul style="list-style-type: none"> • Telephone: 0300 123 3393 • Text: 86463 • www.mind.org.uk • Hours: 9am-6pm mon-fri
Rethink advice and information service	Provides practical help and information on issues such as mental health act, community care, benefits, debt, criminal justice and carers rights	<ul style="list-style-type: none"> • Telephone:0300 5000 927 • www.rethink.org • Hours: 9:30am-4pm

Hate Crime Reporting Centres

Police	Local police contact numbers and named contact for hate crime	<ul style="list-style-type: none"> • Non-emergencies 101 • Emergencies 999 • Live chat: • https://www.west-midlands.police.uk/contact-us/live-chat • Contact for hate crime: Nick Mansell: n.mansell@west-midlands.pnn.police.uk
Coventry City Council	Online reporting tool available for hate crimes	<ul style="list-style-type: none"> • Email: customer.services@coventry.gov.uk • Telephone: 08085 834333 • https://www.coventry.gov.uk/hatecrime • Hours: 9am-5pm mon-fri
Stop Hate UK.	Phone lines for various types of hate crime available through the Website	<ul style="list-style-type: none"> • Email: info@stophateuk.org • Telephone:0800 135 1625 • https://www.stophateuk.org/ • Hours: 24/7
True Vision	Website offering information on hate crime and an online reporting form	<ul style="list-style-type: none"> • Email: enquiries@report-it.org.uk. • Website:http://www.report-it.org.uk/home
National Stalking Helplines	Stalking support	<ul style="list-style-type: none"> • Telephone: 0800 802 0300 • www.stalkinghelpline.org
Paladin	Victims of stalking	<ul style="list-style-type: none"> • Telephone: 0203866 4107 • www.paladinservice.co.uk

Legal Advice

Coventry

Coventry Law Centre	All of services are free. Priority is given to people who would not otherwise	<ul style="list-style-type: none"> • Email: enquires@centralenglandlc.org.uk • Oakwood House, St Patricks Road Coventry, CV1 2HL
---------------------	---	--

	be able to access legal advice and representation.	<ul style="list-style-type: none"> • Telephone:02476 223 053 • https://www.centralenglandlc.org.uk
National		
Rights of Women	Legal advice regarding family law, criminal law, immigration & asylum	<ul style="list-style-type: none"> • Email: info@row.org.uk • Telephone: 020 7251 6577 • 52-54 Featherstone St, London EC1Y 8RT • https://rightsofwomen.org.uk/
CAB (Citizens Advice Bureau/Centre)	a network of 316 independent charities throughout the United Kingdom that give free, confidential information and advice to assist people with money, legal, consumer and other problems	<ul style="list-style-type: none"> • Telephone: 03444 111 444 • Citizens Advice, 3rd Floor North, 200 Aldersgate, London, EC1A 4HD • https://www.citizensadvice.org.uk/ • Hours: 9-5 mon-fri
Crimestoppers	Charity which allows people to provide anonymous information regarding crime	<ul style="list-style-type: none"> • Telephone: 0800 555 111 • Crimestoppers Trust, PO Box 324, Wallington SM6 6BG • https://crimestoppers-uk.org/ • Hours: 24hr

LGBT+ LGBTQQIAAP– Lesbian, gay, bisexual, transgender, Queer, Questioning, Intersex, Ally, Asexual, Pansexual

Coventry

Age UK	Offers a friendship group for gay and Bi men 50+	<ul style="list-style-type: none"> • Email: friendship@ageukcoventry.org.uk • Telephone:02476433977 • Rainbows Short Street City Centre Coventry
Coventry Pride	Run a range of support groups for the community of coventry, including: trans support group, LGBT + Refugee and Asylum seekers, LBGT + coffee mornings,	<ul style="list-style-type: none"> • Email: Info@coventrypride.org.uk • www.coventrypride.org.uk

National

Galop	Supports lesbian, gay, bi, trans and queer people who have experienced hate crime, sexual violence, domestic abuse or have had problems with the police and questions about the criminal justice system.	<ul style="list-style-type: none"> • Email: help@galop.org.uk • Telephone: 0800 999 5428 • Address:The Resource Centre 356 Holloway Road, London N7 6PA • www.galop.org.uk
-------	--	---

Male Support

Coventry

Coventry Men's Shed	The aim of Coventry Men's shed is to help men with their wellbeing, health and confidence through various activities. Open to any male over the age of 30.	<ul style="list-style-type: none"> Email: coventrymensshe@gmx.co.uk Telephone: 07401 955 367 Rose Community Centre, Hope Street, Spon End, Coventry, CV1 3LH
National		
Men's Advice Line	A confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner).	<ul style="list-style-type: none"> Email: info@mensadvice.org.uk Telephone: Helpline: 08088010327 http://www.mensadvice.org.uk (webchat service) Hours: Helpline: Mon, Wed 9:00-20:00 & Tues, Thu, Fri 9:00-17:00 Webchat: Tues-Wed 10:00-16:00
Survivors UK	A service for those who have experienced sexual violation (either childhood sexual abuse or adult sexual assault/rape). Survivors UK welcomes anyone who identifies as male, trans, non-binary, has identified as male in the past or feels they are the right fit for them.	<ul style="list-style-type: none"> Email: help@survivorsuk.org Telephone: 02035983898 11 Sovereign Close, London, E1W 3HW http://www.survivorsuk.org Hours: Office Hours: Mon-Fri 9:30-17:00 Helpline Webchat: 12:00-20:00
CALM (Campaign Against Living Miserably)	A movement against suicide, the single biggest killer of men under the age of 45 in the UK. Offering a free and confidential helpline and webchat for anyone who needs to talk about life's problems.	<ul style="list-style-type: none"> Telephone: Helpline: 0800 58 58 58 PO Box 68766, London, SE1P 4JZ http://www.thecalmzone.net (web chat available) Hours: Helpline: 17:00- 24:00 everyday

Money Management and Debt		
Coventry/ midlands based		
Coventry Citizen Advice	Provides support and advice to anyone who needs help solving individual problems. I.e. money management, debt, benefits and tax credits, employment, and housing.	<ul style="list-style-type: none"> Email: contactus@coventrycab.org.uk Telephone: 02476223284 Kirby House, 15 Little Park St, Coventry CV1 2JZ https://www.coventrycitizensadvice.org.uk Hours: Mon-Fri 09:00- 16:00
Midland Heart	Provides free money management and debt advice and support. Help offered includes advice on saving and borrowing, choosing the right bank account, prioritising bills, budgeting, managing household income and	<ul style="list-style-type: none"> Email: contact@midlandheart.org.uk 20 Bath Row, Birmingham, B15 1LZ http://www.midlandheart.org.uk/contact us (fill out a money advice form) Facebook: https://www.facebook.com/MidlandHeart Twitter: https://twitter.com/midhearhelp

	council tax etc.	
National		
Coventry Independent Advice Service	A charity offering confidential free advice, information and support. Advisors can help with benefit entitlements, debt and money problems, housing and other issues.	<ul style="list-style-type: none"> Email: info.covadvice.org.uk Telephone: 02476521100 Oakwood House Cheylesmore, Coventry, CV1 2HI https://covadvice.org.uk Drop in Calendar: https://covadvice.org.uk/advice/advice-calendar/ Hours: Mon, Tues, Thu, Fri 9:30-12:30 and 1:30-4:30, Wed 9:30-12:30, Sat/Sun: Closed
Step Change Debt Charity (National)	Offering free debt advice that is based on a comprehensive initial assessment. Practical help and support will be provided for however long is needed.	<ul style="list-style-type: none"> Email (Online form): https://www.stepchange.org/send-us-an-Email.aspx Telephone: 0800 138 1111 Wade House, Merrion Centre, Leeds, LS2 8NG https://www.stepchange.org/ Online Live Chat: https://www.stepchange.org/contact-us.aspx Hours: Monday to Friday 8am-8pm, Saturday 8am to 4pm
National Debt-line	The National debt-line have trained advisors that provide free, impartial, confidential money management and debt advice.	<ul style="list-style-type: none"> Telephone: 08088084000 https://www.nationaldebtline.org/ (Webchat to speak with an advisor) Hours: Mon-Fri 09:00-20:00 and Sat 09:30-13:00

Nutrition and Lifestyle Support		
Coventry		
Coventry Food Bank	Provide three days' nutritionally balanced emergency food and support to local people who are referred in crisis.	<ul style="list-style-type: none"> Email: info@coventry.foodbank.org.uk Telephone: 02476 993770 Coventry Foodbank, Progress Way Coventry CV3 2NT https://coventry.foodbank.org.uk/contact-us/

Older People		
National		
Age UK	Age uk offer a range of services to help improve quality of life for older people.	<ul style="list-style-type: none"> Telephone: 0800 678 1602. Address: https://www.ageuk.org.uk/ Hours: 8am-7pm every day

Perpetrator Support		
RESPECT	For individuals concerned	<ul style="list-style-type: none"> Telephone: 0808 802 4040

	about their violence/abuse toward their partner or ex-partner	<ul style="list-style-type: none"> • https://respect.uk.net/ • Hours: 9am-5pm mon-fri
Lucy Faithful Foundation	For adult perpetrators of child sexual abuse or concerns about adults abusing	<ul style="list-style-type: none"> • Email: help@stopitnow.org.uk • Telephone: 0808 1000 900 • https://www.lucyfaithfull.org.uk/ • Hours: Monday to Thursday: 9.00am - 9.00pm Friday: 9.00am - 5.00pm

Personality Disorder		
Coventry - For local support, contact Coventry/ Warwickshire Mind or Local Samaritans (see General)		
National		
Personality Disorder Resources	Services across the UK	<ul style="list-style-type: none"> • http://personalitydisorder.org.uk/services/
MIND	Online community	<ul style="list-style-type: none"> • https://www.elefriends.org.uk/

Physical First Aid		
Coventry		
British Red Cross Centre - Coventry	Local First Aid training	<ul style="list-style-type: none"> • https://www.redcross.org.uk/first-aid/find-a-first-aid-venue/coventry
National		
St John's Ambulance	Resources relating to First Aid and training	<ul style="list-style-type: none"> • http://www.sja.org.uk
British Red Cross	Resources relating to First Aid and training	<ul style="list-style-type: none"> • www.redcross.org.uk/first-aid

Psychosis (also see general mental health)		
Coventry		
Coventry & Warwickshire MIND	Resources and local info	<ul style="list-style-type: none"> • www.cwmind.org.uk
Cov & Warks Partnership Trust	Details of local community mental health teams (referral via GP or Professional)	<ul style="list-style-type: none"> • https://www.covwarkpt.nhs.uk/service-detail/health-service/community-mental-health-team-ipu-1017-early-intervention-north-warwickshire-58/
National		
Young Minds	Information on psychosis	<ul style="list-style-type: none"> • www.youngminds.org.uk/find-help/conditions/psychosis

Refugees		
Coventry		
Coventry	Refugee support	<ul style="list-style-type: none"> • https://www.covrefugee.org/

Refugee & Migrant Centre		
Coventry Council	Refugee Information	<ul style="list-style-type: none"> • https://www.coventry.gov.uk/info/41/community_and_living/548/newly_arrived_communities/2
National		
Refugee Action	Resources	<ul style="list-style-type: none"> • https://www.refugee-action.org.uk/
Support Refugees Information	List of supporting organisations	<ul style="list-style-type: none"> • https://www.supportrefugees.org.uk/national-organisations/
British Red Cross	Information on Red Cross support to refugees	<ul style="list-style-type: none"> • https://www.redcross.org.uk/about-us/what-we-do/how-we-support-refugees

Self-Harm		
For local support, contact Coventry/ Warwickshire Mind or Local Samaritans (see General)		
National		
Harmless	Provides a range of services including support, information, training and consultancy to people who self-harm, their friends, families and professionals. Includes resources on alternative coping strategies.	<ul style="list-style-type: none"> • Email: info@harmless.org.uk • Telephone: 0115 880 0280 • 1 Beech Avenue Nottingham, NG7 7LJ • http://www.harmless.org.uk • Hours: Mon-Sun 9am-17:00
NSHN (National Self Harm Network)	An online moderated support forum that provides information, resources, advice, discussions and distractions for those affected by self-harm.	<ul style="list-style-type: none"> • http://www.nshn.co.uk
SelfharmUK	Run by the national charity Youthscape. A programme dedicated to supporting young people who are affected by selfharm.	<ul style="list-style-type: none"> • Email: info@selfharm.co.uk • http://www.selfharm.co.uk • 74 Bute Street, Luton, Bedfordshire, LU1 2EY
Self-Injury Support	Supports girls and woman affected by self-injury or self-harm.	<ul style="list-style-type: none"> • Email: info@selfinjurysupport.org.uk • Telephone: Helpline: 08088008088 • Text: 07537432444 • http://www.selfinjurysupport.org.uk (webchat option) • PO Box 3240, Bristol, BS2 2EF • Hours: Helpline and Text Hours: Tues-Thurs 19:00-21:30

Self-help and Online Resources		
Moodzone (by forum health centre)	Offers tips and how-to audio guides to improve your mental wellbeing and information about available treatments. Content supplied by NHS choices.	<ul style="list-style-type: none"> Email: forum.health@nhs.net Telephone: 024 7626 6370 1a Farren Road, Coventry, West Midlands, CV2 5EP Hours: Mon-Fri 08:00- 18:30 & Sat 08:00- 11:00 (Saturday appointments are pre-bookable)
Big White Wall	An online community of support for people who are anxious, sad or not coping that is guided by trained professionals.	<ul style="list-style-type: none"> Email: theteam@bigwhitewall.com Telephone: 0203 405 6196 36-38 Whitefriars Street, London, EC4Y 8BQ http://www.bigwhitewall.co.uk *App available

Students (Higher Education)		
Coventry – see Internal Resources page 3		
National		
National Union of Students	National links	<ul style="list-style-type: none"> www.nus.org/uk
AMOSSHE	Student services organisation	<ul style="list-style-type: none"> https://www.amoshe.org.uk/

Stigma		
Coventry		
Coventry & Warwickshire MIND	Information on mental health stigma	<ul style="list-style-type: none"> https://cwmind.org.uk/appeals/lets-stop-stigma/
National		
World Health Organisation	Information on mental health stigma	<ul style="list-style-type: none"> http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health/priority-areas/stigma-and-discrimination
Mental Health Foundation	Information on mental health stigma	<ul style="list-style-type: none"> https://www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination

Suicide Prevention		
Coventry		
National Suicide Prevention Alliance (Coventry & Warwickshire link)	Link from national organisation to local C&W MIND	<ul style="list-style-type: none"> https://www.nspa.org.uk/members/coventry-warwickshire-mind/
National		
Papyrus	Organisation for the prevention of young suicide	<ul style="list-style-type: none"> https://papyrus-uk.org/
NHS	Suicide page	<ul style="list-style-type: none"> https://www.nhs.uk/conditions/Suicide/

Sunflowers Charity	Charity and support organisation	<ul style="list-style-type: none"> • https://www.sunflowerssuicidesupport.org.uk/SIGNPOSTING/
--------------------	----------------------------------	---

Young People		
Coventry		
Local Young Minds	Contact information	<ul style="list-style-type: none"> • Tel 0808 802 5544 Parent Helpline - free to call • Email: ymenquiries@youngminds.org.uk • www.youngminds.org.uk • Hours: 9:30-16:00
National		
Young Minds	The UK's leading charity fighting for children and young people's mental health. Worried about a child or young person, call the confidential free helpline.	<ul style="list-style-type: none"> • Telephone: Parents helpline: 08088025544 • Crisis Textline (under 25): text YM to 85258, all texts are answered by trained volunteers with support from clinical supervisors. Emergencies call 999. • http://youngminds.org.uk (online contact form) reply within 3 working days. • Suite 11, Baden Place, Crosby Row, London, Se1 1YW • Hours: Parents helpline: Mon-Fri 09:30-16:00

Armed Forces		
Coventry		
Veterans of the Armed forces, Coventry	NHS self referral - Veterans' Mental Health Transition & Liaison Services (TILS) including Complex Treatment Service (CTS)	<ul style="list-style-type: none"> • Email: mevs.mhm@nhs.net • Telephone: 0300 323 0137
National		
Help for Heroes	Supporting veterans with illness or injury	<ul style="list-style-type: none"> • Email: getsupport@helpforheroes.org.uk • Telephone: 01980 844280 • https://www.helpforheroes.org.uk/ • Hours: mon-fri 9am-5pm
Combat Stress	Therapeutic treatment to former members of the British Armed Forces	<ul style="list-style-type: none"> • Email: helpline@combatstress.org.uk • Telephone: 0800 138 1619 • Text: 07537 404719 • https://www.combatstress.org.uk/ • Hours: mon-fri 9am-4.30pm
ABF the soldiers charity	National Charity of the British Army. provides financial and	<ul style="list-style-type: none"> • Email: supportercare@soldierscharity.org • Telephone: 0207 901 8900

	practical support to soldiers, veterans, and their immediate family in times of need	<ul style="list-style-type: none"> • Website: https://soldierscharity.org/
SSAFA Armed Forces charity	Supporting veterans and their families	<ul style="list-style-type: none"> • Email: via contact page on this link: https://www.ssafa.org.uk/contact-us/ • Telephone: 0800 731 4880 • https://www.ssafa.org.uk/about-us/ • Hours: mon-fri 9am-5.30pm