

CHARITIES INFORMATION INCLUDING WEBSITES AND CONTACT INFORMATION FOR A RANGE OF ISSUES

Bipolar UK – **people living with manic depression or bipolar** – www.bipolar.org.uk



Samaritans – **for feeling of despair/distress** - contact number -116 123 free from any phone
www.Samaritans.org.uk

Rethink Mental Illness – **support and advice for people living with mental illness** – 0300 5000 927
Mon-Fri 9.30am-4pm – www.rethink.org

Mind – **mental health** - contact number -116 123 free from any phone or 0300 123 3393 Mon-Fri
9am-6pm www.mind.org.uk

Papyrus – **Young suicide prevention/support** – Hopeline 0800 068 4141 Mon-Fri 10am-10pm and
2pm-10pm weekends and bank holidays www.papyrus-uk.org

NSPCC - **child, sexual, domestic violence** - 0800 1111 – for children
0808 800 5000 for adults/parents/carers both 24 hour – www.nspcc.org.uk

Young Minds – **child and adolescent mental health info for parents/carers** –
parents/carers helpline 0808 802 5544 Mon-Fri 9.30am-4pm www.youngminds.org.uk

CALM – **campaign against living miserably for Men aged 15-35** – 0800 585858 daily 5pm-
midnight – www.thecalmzone.net

Barnardos – **supports children and families** – main helpline 0800 328 7795 - London
contact info 0208 550 8822 – www.barnardos.org.uk

The Children's Society – **general support for children** – 0300 303 7000 –
www.childrensociety.org.uk



ECHO – **Enfields Sexual Health Clinic** – 0208 887 4510 – www.echoclinics.nhs.uk

Family Lives - **parent support service** – 0808 800 2222 – Mon-Fri 9am-9pm Sat-Sun 10am-3pm
– www.familylives.org.uk

Dazu – **recreational and educational activities and support for young people and families living in Enfield** – 0208 373 2720 – email dazu22@yahoo.com – www.dazu.co.uk

Mens Health Forum – **24 hour, 7 days a week support for males** by text, chat and email –
www.menshealthforum.org.uk

Refuge - **domestic violence** – 0808 2000 247 – 24 hour – www.refuge.org.uk



Family Based Solutions – **a range of services and support for families living in Enfield** – 0208 363 6262 – email admin@familybasedsolutions.org.uk – www.familybasedsolutions.org.uk

Anxiety UK – **for people diagnosed with an anxiety condition** - 03444 775 774 Mon-Fri 9.30am-5.30pm www.anxietyuk.org.uk

Mental Health Forum – **information and support for anyone with mental health or learning disabilities** – www.mentalhealth.org.uk

OCD Action/OCD UK – **support and information for people with OCD** – 0845 390 6232 Mon-Fri 9.30am-5pm (calls cost 5p per min plus providers access cost) www.ocdaction.org.uk/03332127890 Mon-Fri 9am-5pm www.ocduk.org

Addiction – **helpline for addictions including drugs, alcohol and drugs** – 0800 917 7650 - 24 hour helpline – www.alcoholics-anonymous.org.uk
0808 8020 133 – daily 8am-midnight – www.begambleaware.org
0300 999 1212 – daily 10am-midnight – www.ukna.org



Enfield Carers – **support for people living in Enfield who are carers** - 0208 362 3718
– www.enfieldcarers.org

Enable – **Enfield Drug and Alcohol** - 0208 379 6010

IAPT – **'lets talk' free confidential talking therapy for people aged OVER 16** – 0208
342 3012/028 702 4900 - online access at: lets-talk-iapt.nhs.uk – www.lets-talk-iapt.nhs.uk

Cruse - **bereavement charity** – 0808 808 1677 Mon-Fri 9am-5pm –
www.cruse.org.uk

Relate – **relationship support** – www.relate.org.uk

Kidscape – **antibullying charity** – 0207 730 3300 – www.kidscape.org.uk



Crime Victims – **victims of crime support** – 0808 168 9111 – 24 hour helpline – www.victimsupport.org/0808 802 9999 - daily 12pm-2.30pm and 7pm-9.30pm – www.rapecrisis.org.uk

CAB – **Citizens Advice Enfield** – 0300 330 1167 or national number is 03454 04 05 06 – www.citizensadviceenfield.org.uk

Stonewall – **tackling homophobia and creating an LGBTQ+ inclusive society** – 0800 050 2020 Mon-Fri 9.30am-4.30pm – www.stonewall.org.uk

Child Line – **help and advice on a range issues effecting children and young people** - 0800 1111- www.childline.org.uk

BEAT – **eating disorders** – 0808 801 0711 (for under 18's) 0808 808 1111 (adults) – www.b-eat.co.uk



Mencap – **supporting people with disabilities and their families/carers** – 0808 808 1111
Mon-Fri 9am-5pm – www.mencap.org.uk

SANE – **emotional support and information for people and the carers/families of people effected by mental illnesses** – SANEline 0300 304 7000 daily 4.30pm-10.30pm – textcare www.sane.org.uk/textcare - www.sane.org.uk

OLDER PEOPLES CHARITIES – if you are worried about an older person in the current climate

AGE UK Enfield – **An Enfield based charity supporting older people living in the borough (aged 50+)** – 0208 375 4120 – www.ageuk.org.uk/enfield/

Alzheimers Society – **information and advice on dementia** – 0300 222 1122 Mon-Fri 9am-5pm and 10am-4pm weekends – www.alzheimers.org.uk



In the event of an emergency, please contact the School on: 07770 241698