

Organisations that provide information and support

To view detailed lists of UK charities, support groups & associations visit:	Charity Choice	https://www.charitychoice.co.uk/charities
	Charity Commission for England & Wales	http://apps.charitycommission.gov.uk/ShowCharity/RegisterOfCharities/AdvancedSearch.aspx

Area	Organisation	Description	Website	Phone
Abortion / termination	British Pregnancy Advisory Service	Advice and support around all aspects of abortion	www.bpas.org	03457 30 40 30
Addiction	Families Anonymous	Families Anonymous show the best way to help the addict and also how NOT to help the addict (enabling). Importantly we provide excellent resources that give guidance and encouragement for family members, friends, etc. of addicts on how to stay positive, hopeful and strong and be able to get on with their own lives.	www.famanon.org.uk	0845 1200 660
	Gamblers Anonymous	A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to do the same.	https://www.gamblersanonymous.org.uk/	Not Known

Advice	Citizen's Advice Bureau (CAB)	Free, confidential and impartial advice. To help everyone find a way forward, whatever problem they face: money, benefit, housing or employment problems, a crisis, or just considering your options.	www.citizensadvice.org.uk	0300 330 1195
Alcohol	County Durham Drug and Alcohol Recovery Services	County Durham drug and alcohol recovery services are discreet and confidential. You can access them either via a GP referral or refer yourself. Contact us if you need help with your alcohol and/or drug use including party drugs, legal highs, or class A drugs.	www.durham.gov.uk/alcohol	03000 266 666
	Adfam	Find information, local support groups and helplines for anyone affected by someone else's substance (drug or alcohol) use.	www.adfam.org.uk	020 3817 9410
	Alcohol Concern	Helping people with information, advice and support with their questions about drinking and the problems that can sometimes be caused by alcohol.	www.alcoholconcern.org.uk	0300 123 1110
Asylum seekers	Refugee Council	We work with refugees and people seeking asylum in the UK. We offer practical support and advice throughout their journey in the UK.	https://www.refugeecouncil.org.uk/	020 7346 6700
Befriending	Royal Voluntary Service Durham	Help older people maintain their independence and stay involved in the local community, including befriending.	www.royalvoluntaryservice.org.uk/hubs/1428-durham	01325 520738
	Royal Medical Benevolent Fund	Telephone befriending scheme for doctors and medical trainees who may be isolated and in need of support.	www.rmbf.org	020 8540 9194
	Cruse Bereavement Care	Cruse is here to support you after the death of someone close.	www.crusebereavementcare.org.uk	0870 167 1677

Bereavement	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.	www.childbereavement.org.uk	0800 028 8840
	Child Death Helpline	A telephone helpline that offers help and support to anyone affected by the death of a child. Staff by parent volunteers who are supported by a professional team.	www.childdeathhelpline.org.uk	0800 282 986
	Hope Again	The youth branch of Cruse, set up to help young people after the death of someone close.	www.hopeagain.org.uk	0808 808 1677
	Survivors of Bereavement by Suicide	We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.	www.uksobs.org	0300 111 5065
	If U Care Share	North East based organisation which promotes emotional wellbeing in young people and supports families affected by suicide.	www.ifucareshare.co.uk	0191 387 5661
	Winston's Wish	Charity that offers support to young people who have experienced bereavement, particularly of a sibling or parent.	www.winstonswish.org.uk	08088 020 021
Cancer	Macmillan Cancer Support	We know how a cancer diagnosis can affect everything. So we're here to support you and help you take back some control in your life. From help with money worries and advice about work, to someone who'll listen if you just want to talk, we're here.	www.macmillan.org.uk	0808 808 00 00
	Coping with Cancer North East	Coping With Cancer North East offers practical therapies and support to make your cancer journey more bearable.	www.copingwithcancer.org.uk	0191 280 5610

Carer / caring	Carers Trust	We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.	www.carers.org	0300 772 9600
	Carers UK	Runs a helpline and provides support, encouraging carers to recognise their own needs. There is also an information officer to answer enquiries.	www.carersuk.org	0808 808 7777
	Durham Carers	Information from Durham County Council about caring.	www.durhamcarers.info	Not Known
	Durham County Carers Support	We are a voluntary organisation that provides free high quality services and support to unpaid Carers over the age of 18 who support someone living in the County Durham area.	www.dccarers.org	0300 030 1215
Childhood abuse	The Survivors Trust	UK-wide national umbrella agency for 135 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.	www.thesurvivorstrust.org	0808 801 0818
	Mosac	Supporting non-abusing parents and carers whose children have been sexually abused, providing support, advice, information and counselling following the discovery of sexual abuse.	www.mosac.org.uk	0800 980 1958
	CIS'ters	Emotional support for those 18+ affected by incest as children or teens.	www.cisters.org.uk	023 80 338080
	NSPCC	If you're worried about a child, even if you're unsure, contact our professional counsellors 24/7 for help, advice and support.	www.nspcc.org.uk	0808 800 5000

	The National Association for People Abused in Childhood (NAPAC)	Support for adult survivors of any type of childhood abuse, including local support groups.	www.napac.org.uk	0808 801 0331
	Lucy Faithfull Foundation	UK-wide child protection charity dedicated solely to reducing the risk of children being sexually abused. We work with families that have been affected by sexual abuse including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.	www.lucyfaithfull.org.uk	0808 1000 900
Counselling	British Association for Counselling and Psychotherapy	The British Association for Counselling and Psychotherapy (BACP) is a membership organisation and a registered charity that sets standards for therapeutic practice. The BACP has a 'find a therapist' directory of registered and non-registered therapists. The BACP also has guidance about choosing a therapist.	www.itsgoodtotalk.org.uk/therapists	Not Known
	UK Council for Psychotherapy	The UK Council for Psychotherapy (UKCP), which is a professional body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors. UKCP also has a register of psychotherapists who offer talking treatments privately.	www.psychotherapy.org.uk/find-a-therapist	Not Known
	Good Therapy	Information about psychotherapy and how to find the right therapist and type of therapy for you.	www.goodtherapy.org/	Not Known
	Talking Changes	Talking Changes is a self-help and talking therapies service designed to help anyone living in the County Durham and Darlington area to deal with common mental health problems such as stress, anxiety or depression, as well as panic, phobias, obsessive compulsive disorder (OCD) and post traumatic stress disorder.	www.talkingchanges.org.uk	0191 333 3300

	Royal College of Nursing counselling service	A free service for RCN members.	www.rcn.org.uk/get-help/member-support-services/counselling-service	0345 772 6100
	British Association for Behavioural and Cognitive Psychotherapies	The BABCP has a register of accredited CBT therapists. Therapists on the register have specialist skills and knowledge and have undergone relevant training and supervision.	www.cbregisteruk.com	Not Known
Crime	Victim Support	As an independent charity, we work towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. We help people feel safer and find the strength to move beyond crime. Our support is free, confidential and tailored to your needs.	www.victimsupport.org.uk	08 08 16 89 111
Crisis	Samaritans	We offer a safe place for you to talk any time you like, in your own way, 24/7 – about whatever’s getting to you. You don’t have to be suicidal.	www.samaritans.org	116 123
	Crisis teams	If person is under mental health services already, they will have access to NHS crisis and home treatment teams. See this website for details.	What to do in a mental health crisis - information for adults and older people - Tees Esk and Wear Valley	Not Known
	Citizen's Advice Bureau (CAB)	Free, confidential and impartial advice. To help everyone find a way forward, whatever problem they face: money, benefit, housing or employment problems, a crisis, or just considering your options.	www.citizensadvice.org.uk	0300 330 1195

Debt	The Money Advice Service	Helps people manage their money. We do this directly through our own free and impartial advice service. We also work in partnership with other organisations to help people make the most of their money. We are an independent service, set up by government.	www.moneyadviceservice.org.uk/en	0800 138 7777
	National Debtline	A debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.	www.nationaldebtline.org/	0808 808 4000
Disability	Scope	Scope is a charity that exists to make this country a place where disabled people have the same opportunities as everyone else. Until then, we'll be here.	www.scope.org.uk	0808 800 3333
	Leonard Cheshire	Leonard Cheshire Disability is a charity supporting disabled people in the UK and around the world to fulfil their potential and live the lives they choose.	www.leonardcheshire.org	Not Known
	Newlife	Support and advice for families of disabled and terminally ill children.	https://newlifecharity.co.uk/	0800 902 0095
	Papworth Trust	We can help you with disability benefit related enquiries for children and under-19s.	www.papworthtrust.org.uk	0800 952 5000
Domestic violence	Harbour	Local organisation providing assistance to families and individuals affected by domestic abuse.	www.myharbour.org.uk	03000 20 25 25
	National Domestic Violence Helpline	The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.	www.nationaldomesticviolencehelpline.org.uk	0808 2000 247

Drugs	County Durham Drug and Alcohol Recovery Services	County Durham drug and alcohol recovery services are discreet and confidential. You can access them either via a GP referral or refer yourself. Contact us if you need help with your alcohol and/or drug use including party drugs, legal highs, or class A drugs.	www.durham.gov.uk/alcohol	03000 266 666
	Adfam	Find information, local support groups and helplines for anyone affected by someone else's substance (drug or alcohol) use.	www.adfam.org.uk	020 3817 9410
	FRANK	Friendly, confidential drugs advice.	https://www.talktofrank.com/	0300 123 6600
Eating disorders	Beat	Support for people with eating disorders & their allies.	www.b-eat.co.uk	0808 801 0677
Emotional support	Samaritans	We offer a safe place for you to talk any time you like, in your own way, 24/7 – about whatever's getting to you. You don't have to be suicidal.	www.samaritans.org	116 123
	Supportline	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.	www.supportline.org.uk	01708 765200
	Sane	SANE provides emotional support and information to anyone affected by mental illness, including families, friends and carers.	www.sane.org.uk	0300 304 7000

Family life & parenting	Family Lives	Our trained family support workers, both paid and volunteer, offer all family members immediate and on-going help on the phone, online or in local communities. We use the knowledge gained through our work to inform, support and train professionals and campaign for changes to improve and support family life.	www.familylives.org.uk	0808 800 2222
	Young Minds	The voice for young people's mental health and wellbeing. Includes a helpline for parents.	www.youngminds.org.uk	0808 802 5544
	NSPCC	If you're worried about a child, even if you're unsure, contact our professional counsellors 24/7 for help, advice and support.	www.nspcc.org.uk	0808 800 5000
	Changing Futures North East	We believe relationships really do matter! We provide support to children and families mainly across Hartlepool, Middleborough, Stockton, Middlesbrough and East Durham. This includes: mentoring, mediation, helping children in care, supporting education.	www.changingfuturesne.co.uk	01429 891 444
	Gingerbread	Support for people who are single parents.	www.gingerbread.org.uk	0808 802 0925
Finances and money	Citizen's Advice Bureau (CAB)	Free, confidential and impartial advice. To help everyone find a way forward, whatever problem they face: money, benefit, housing or employment problems, a crisis, or just considering your options.	www.citizensadvice.org.uk	0300 330 1195
	The Money Advice Service	Helps people manage their money. We do this directly through our own free and impartial advice service. We also work in partnership with other organisations to help people make the most of their money. We are an independent service, set up by government.	www.moneyadviceservice.org.uk/en	0800 138 7777

	National Debtline	A debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.	www.nationaldebtline.org/	0808 808 4000
Forced marriage	Karma Nirvana	Supporting victims of honour-based abuse and forced marriage.	www.karmanirvana.org.uk	0800 5999 247
	Forced Marriage: A survivor's handbook	Guide from the UK government.	https://www.gov.uk/government/publications/survivors-handbook	Not Known
Gender identity	Mermaids	Mermaids provides a helpline aimed at supporting transgender youth up to and including the age of 19, their families and professionals working with them. The helpline offers emotional support, a gateway to the parents and teens forums, information about current legislation and protections under the law, plus signposting to training and resources.	www.mermaidsuk.org.uk	0344 334 0550
	Gender Identity Research and Education Society	Information and resources for the gender non-conforming people and their allies.	www.gires.org.uk	Not Known
	Switchboard	LGBTQ+ helpline providing listening services, information and support for lesbian, gay, bisexual and transgender communities.	www.switchboard.lgbt	0300 330 0630
	TranzWiki	TranzWiki attempts to be a comprehensive directory of the groups campaigning for, supporting or assisting trans and gender non-conforming individuals, including those who are non-binary and non-gender, as well as their families across the UK.	www.gires.org.uk/index.php/the-wiki	Not Known

Honour-based violence	Karma Nirvana	Supporting victims of honour-based abuse and forced marriage.	www.karmanirvana.org.uk	0800 5999 247
Housing	Durham County Council Homelessness Advice	Advice and support for those at risk of losing their home	https://www.durham.gov.uk/housingsolutions	03000 268 000
	Shelter	We're here so no one has to face bad housing or homelessness alone.	https://www.shelter.org.uk/	0808 800 4444
Learning disability	Mencap	Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.	www.mencap.org.uk	0808 808 1111
Legal	Citizen's Advice Bureau (CAB)	Free, confidential and impartial advice. To help everyone find a way forward, whatever problem they face: money, benefit, housing or employment problems, a crisis, or just considering your options.	https://www.citizensadvice.org.uk/	0300 330 1195
LGBTQ+	Switchboard	LGBTQ+ helpline providing listening services, information and support for lesbian, gay, bisexual and transgender communities.	www.switchboard.lgbt	0300 330 0630
	Stonewall	The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information and support.	www.stonewall.org.uk	0207 593 1850
	Mind	We believe no-one should have to face a mental health problem alone. We'll listen, give you support and advice, and fight your corner.	https://www.mind.org.uk/	0300 123 3393

Mental health	Mental Health Foundation	Our vision is for a world with good mental health for all. Our mission is to help people to thrive through understanding, protecting and sustaining their mental health.	www.mentalhealth.org.uk	Not Known
	Sane	SANE provides emotional support and information to anyone affected by mental illness, including families, friends and carers.	www.sane.org.uk	0300 304 7000
	Rethink	National and local information, advice and support around mental health and wellbeing.	www.rethink.org	0300 5000 927
Miscarriage and stillbirth	Stillbirth and Neonatal Death Society	A national self-help organisation that provides support for bereaved parents and their families whose baby has died at or soon after birth.	www.sands.org.uk	0808 164 3332
	The Miscarriage Association	Provides support for those who have suffered the loss of a baby during pregnancy.	www.miscarriageassociation.org.uk	01924 200799
Older Age	Age UK County Durham	Age UK County Durham provide a wide range of services and activities designed to meet the needs of older people in the community.	www.ageuk.org.uk/countydurham	0191 386 3856
	Contact the Elderly	Supported by a network of volunteers, Contact the Elderly organises monthly Sunday afternoon tea parties for small groups of older people aged 75 and over, who live alone, offering a regular and vital friendship link every month.	www.contact-the-elderly.org.uk	0800 716543
	Royal Voluntary Service	Our services bring smiles to older people with support at home, in hospitals, with social activities and help to get out and about so they can live life happier.	www.royalvoluntaryservice.org.uk/	0845 608 0122

Perinatal mental health	PANDAS	Pre- and post-natal depression support.	www.pandasfoundation.org.uk	0843 28 98 401
	Action for Post-Natal Illness	Providing support to those affected by post-natal mental illness.	www.apni.org	0207 386 0868
	The Birth Trauma Association	The Birth Trauma Association (BTA) supports all women who have had a traumatic birth experience.	www.birthtraumaassociation.org.uk	01264 860380
	Everyone's Business: Maternal Mental Health	Site with information about mental illness pre and post natally and details of support organisations.	www.everyonesbusiness.org.uk	Not Known
Physical health	Visit for more information on health organisations:	http://www.charitychoice.co.uk/charities		
		https://en.wikipedia.org/wiki/Category:Health_charities		
	Pain Concern	Pain Concern is a charity working to support and inform people with pain and those who care for them, whether family, friends or healthcare professionals.	https://painconcern.org.uk/	0300 123 0789
Pregnancy	Tommy's	Tommy's provides an information service about health in pregnancy. Call to speak to a Tommy's midwife.	https://www.tommys.org/	0800 0147 800
Prison and offending	National Offenders' Families Helpline	The National Offenders' Families Helpline can support you if a family member is in contact with the criminal justice system. We provide advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release. We support families in England and Wales.	https://www.prisoners.org.uk	0808 808 2003

Rape	Rape Crisis UK	On this site you will find: how to get help if you've experienced rape, child sexual abuse and/or any kind of sexual violence, and details of your nearest Rape Crisis services; information for friends, partners, family and other people supporting a sexual violence survivor; information about sexual violence for survivors, students, journalists and others; more about our work, our members and how you can support us.	https://rapecrisis.org.uk/	0808 802 9999
	Darlington & Co Durham Rape & Sexual Abuse Counselling Centre (RSACC)	RSACC offers free and confidential specialist counselling to female survivors of sexual violence (aged 13 and over) living in Darlington and County Durham. RSACC is a service provided for women by women.	https://www.rsacc-thecentre.org.uk/	01325 369933
	Survivors UK	Support for male survivors of rape and sexual abuse.	https://www.survivorsuk.org/	0203 598 3898
	CIS'ters	Emotional support for those 18+ affected by incest as children or teens.	https://cisters.org.uk/	023 80 338080
Refugees	Refugee Council	We work with refugees and people seeking asylum in the UK. We offer practical support and advice throughout their journey in the UK.	https://www.refugeecouncil.org.uk/	020 7346 6700
Relationship issues	Relate	We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here.	https://www.relate.org.uk/	0300 100 1234

Self harm	Harmless	Harmless is a user led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals.	https://harmless.org.uk/	Not Known
Sexual abuse / violence	Harbour	Local organisation providing assistance to families and individuals affected by domestic abuse.	https://www.myharbour.org.uk/	03000 20 25 25
	Survivors UK	Support for male survivors of rape and sexual abuse	https://www.survivorsuk.org/	0203 598 3898
	Rape Crisis UK	On this site you will find: how to get help if you've experienced rape, child sexual abuse and/or any kind of sexual violence, and details of your nearest Rape Crisis services; information for friends, partners, family and other people supporting a sexual violence survivor; information about sexual violence for survivors, students, journalists and others; more about our work, our members and how you can support us.	https://rapecrisis.org.uk/	0808 802 9999
	Darlington & Co Durham Rape & Sexual Abuse Counselling Centre (RSACC)	RSACC offers free and confidential specialist counselling to female survivors of sexual violence (aged 13 and over) living in Darlington and County Durham. RSACC is a service provided for women by women.	https://www.rsacc-thecentre.org.uk/	01325 369933
	CIS'ters	Emotional support for those 18+ affected by incest as children or teens	https://cisters.org.uk/	023 80 338080
	Brook	Sexual health and wellbeing for those under 25	https://www.brook.org.uk/	0300 123 7123

Sexual health	The Family Planning Association	The sexual health charity	https://www.fpa.org.uk/	Not Known
	National Sexual Health Adviceline	Website and adviceline on all issues related to sexual health	https://www.nhs.uk/live-well/sexual-health/	0300 123 7123
Suicide / suicidal thoughts	PAPYRUS	Preventing young suicide	https://www.papyrus-uk.org/	0800 068 41 41
	Samaritans	We offer a safe place for you to talk any time you like, in your own way, 24/7 – about whatever’s getting to you. You don’t have to be suicidal.	https://www.samaritans.org/	116 123
	CALM (Campaign Against Living Miserably)	Provides listening services, information and support for men at risk of suicide.	https://www.thecalzone.net/	0800 58 58 58
	Doctors' Support Network	Peer support for doctors and medical students with mental health concerns	https://www.dsn.org.uk/	Not Known
	Royal Medical Benevolent Fund	Help for doctors and their families in times of need	https://rmbf.org/	020 8540 9194
	British Medical Association Doctor Support Service	Doctors who face GMC investigations or license withdrawal have access to a new, confidential support service from the BMA.	https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/gmc-investigation-support-doctor-support-service	Not Known

Support for professions

<p>British Medical Association Doctor Counselling</p>	<p>BMA Counselling is staffed by professional telephone counsellors 24 hours a day, 7 days a week. They are all members of the British Association for Counselling and Psychotherapy and are bound by strict codes of confidentiality and ethical practice. You can even choose to remain anonymous when you call.</p>	<p>https://www.bma.org.uk/advice-and-support/your-wellbeing#wellbeing-support-services</p>	<p>0330 123 1245</p>
<p>British Medical Association Doctor Advisory Service</p>	<p>The Doctor Advisor service runs alongside BMA Counselling giving doctors and medical students in distress or difficulty the choice of speaking in confidence to another doctor. If you wish to use the service call 0330 123 1245 and ask to speak to a Doctor Advisor - you will be given the name of a doctor to contact and details of their availability.</p>	<p>https://www.bma.org.uk/advice-and-support/your-wellbeing#wellbeing-support-services</p>	<p>0330 123 1245</p>
<p>Cavell Nurses' Trust</p>	<p>Provides a package of support for UK nurses, midwives and healthcare assistants, both working and retired, when they're suffering personal or financial hardship – often because of illness, disability, domestic abuse and the effects of older age. Emotional support for those in crisis, advice on maximising benefits, signposting to specialist counselling services, one-off grants to quickly relieve financial hardship, rapid emergency funding for those at great risk.</p>	<p>https://www.cavellnursestrust.org/</p>	<p>01527 595 999</p>
<p>Royal College of Nursing</p>	<p>Website and adviceline providing advice and support on a wide range of psychological and social issues</p>	<p>https://www.rcn.org.uk/get-help</p>	<p>0345 772 6100</p>
<p>Rainbow Trust</p>	<p>Provides emotional and practical support to families who have a child with a life threatening or terminal illness</p>	<p>https://www.rainbowtrust.org.uk/</p>	<p>01372 363438</p>

Terminal illness	Marie Curie	If you're (or someone you love is) living with a terminal illness and don't know what to do next or just need to talk, we're here for you. Get practical information and support.	https://www.mariecurie.org.uk/	0800 090 2309
Therapy / psychotherapy	British Association for Counselling and Psychotherapy	The British Association for Counselling and Psychotherapy (BACP) is a membership organisation and a registered charity that sets standards for therapeutic practice. The BACP has a 'find a therapist' directory of registered and non-registered therapists. The BACP also has guidance about choosing a therapist.	https://www.bacp.co.uk/search/Therapists	Not Known
	UK Council for Psychotherapy	The UK Council for Psychotherapy (UKCP), which is a professional body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors. UKCP also also has a register of psychotherapists who offer talking treatments privately.	https://www.psychotherapy.org.uk/fin-d-a-therapist	Not Known
	Talking Changes	Talking Changes is a self-help and talking therapies service designed to help anyone living in the County Durham and Darlington area to deal with common mental health problems such as stress, anxiety or depression, as well as panic, phobias, obsessive compulsive disorder (OCD) and post traumatic stress disorder.	https://www.talkingchanges.org.uk/	0191 333 3300
	Good Therapy	Information about psychotherapy and how to find the right therapist and type of therapy for you	https://www.goodtherapy.org/	Not Known

	Royal College of Nursing counselling service	For RCN members, free	https://www.rcn.org.uk/get-help/member-support-services/counselling-service	0345 772 6100
	British Association for Behavioural and Cognitive Psychotherapies	The BABCP has a register of accredited CBT therapists. Therapists on the register have specialist skills and knowledge and have undergone relevant training and supervision.	https://www.cbtregristeruk.com/	Not Known
Torture	Freedom from Torture	Provides direct clinical services to survivors of torture who arrive in the UK. Has access to interpreters. Local centre is in Newcastle.	https://www.freedomfromtorture.org/	0191 261 5825
Trauma	The Birth Trauma Association	The Birth Trauma Association (BTA) supports all women who have had a traumatic birth experience.	https://www.birthtraumaassociation.org.uk/	01264 860380
	Combat Stress	Treatment and support for British Armed Forces Veterans who have mental health problems.	https://combatstress.org.uk/	0800 1381 619
	Disaster Action	Information and support for people affected by major disasters in the UK and overseas.	https://www.disasteraction.org.uk/	Not Known
	ASSIST Trauma care	Information and specialist help for people with PTSD and anyone supporting them.	http://assisttraumacare.org.uk/	0178 856 0800

Victim support	Victim Support	As an independent charity, we work towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. We help people feel safer and find the strength to move beyond crime. Our support is free, confidential and tailored to your needs.	https://www.victimsupport.org.uk/	08 08 16 89 111
Work and employment	Remploy	Remploy exists to improve the lives of disabled people and those with complex needs through the power of work.	https://www.remplo.co.uk/	0300 456 8110
	Citizen's Advice Bureau (CAB)	Free, confidential and impartial advice. To help everyone find a way forward, whatever problem they face: money, benefit, housing or employment problems, a crisis, or just considering your options.	https://www.citizensadvice.org.uk/	0300 330 1195
	ACAS	We provide information, advice, training, conciliation and other services for employers and employees to help prevent or resolve workplace problems.	https://www.acas.org.uk/	0300 123 1100
Young People	PAPYRUS	Preventing young suicide	https://www.papyrus-uk.org/	0800 068 41 41
	Young Minds	The voice for young people's mental health and wellbeing. Includes a helpline for parents.	https://www.youngminds.org.uk/	0808 802 5544
	If U Care Share	North East based organisation which promotes emotional wellbeing in young people and supports families affected by suicide	https://www.ifucareshare.co.uk/	0191 387 5661
	ChildLine	Free, 24-hour helpline for children and young people who need to talk about any problem they may have.	https://www.childline.org.uk/	0800 1111