

### NSPCC

National charity supporting the prevention of child cruelty and abuse.  
0808 800 50000 24/7 Helpline

### Papyrus

For young people at risk of suicide 0800 0584141  
(Helpline Mon-Fri 10.00am – 5.00pm, 7.00pm – 10.00pm.  
Weekends 2.00pm – 5.00pm). [www.papyrus-uk.org](http://www.papyrus-uk.org)

### Rough Sleepers Team

The Rough Sleepers Team offer help and support to anyone sleeping rough within Stoke-on-Trent and Newcastle-under-Lyme 0800 970 2304

### Samaritans

Confidential emotional support for people in crisis, available 24 hours per day. 116 123 [www.Samaritans.org.uk](http://www.Samaritans.org.uk)

### Savana

Counselling service for anyone who has experienced sexual violence (male and female). 01782 433204 (message line) [www.savana.org.uk](http://www.savana.org.uk)

### Staffordshire Mental Health Helpline.

Mental Health Helpline 0808 8002234 7pm-2am Weekdays, 2pm-2am weekends. TXT 07860 022821

Online chat [www.brighter-futures.org.uk](http://www.brighter-futures.org.uk)

### Stoke-on-Trent Community Drug & Alcohol Services

Community Drug and Alcohol Service (young people and adults) within Stoke-on-Trent.

01782 956119 [www.addaction.org.uk](http://www.addaction.org.uk)

### I3

A service for young people in Staffordshire affected by alcohol and drug misuse. 01785 241393

### Emergency Services

Fire, Ambulance and Police services  
999  
(101 for non emergency calls)

\* Keep safe connections are identified in  



North Staffs

Support  
Services

North Staffs Mind  
83 Marsh Street  
Hanley  
Stoke-on-Trent  
ST1 5HN

t: 01782 262100  
f: 01782 262212  
w: [www.nsmind.org.uk](http://www.nsmind.org.uk)

Reg. Charity Number 700788  
Company Limited by  
Guarantee Reg. in England  
2294089

### Access team

NHS mental health contact point for those in crisis or needing advice on accessing mental health services.

0300 123 0907 option 1

### ADS One Recovery Staffordshire

Service for people and concerned others who are affected by alcohol and drug misuse. 01782 652585 [www.adsolutions.org.uk](http://www.adsolutions.org.uk)

### Arch

Domestic Violence helpline and other support services, including supported housing. 01782 744533 [www.archnorthstaffs.org.uk](http://www.archnorthstaffs.org.uk)

### ASHA

A range of services to asylum seekers 01782 353122

### Asist

Independent advocacy service for those with disabilities and/or mental health issues. 01782 845584 [www.asist.co.uk](http://www.asist.co.uk)

### Aspire Tenancy Support

(Aspire Tenants only) 01782 635200

### Beat

Beat is the UK's leading charity supporting anyone affected by eating disorders 0808 801 0677; Youthline 0808 801 0711 [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### Brighter Futures

Local organisation offering a variety of facilities – Clubhouse network, Safe Spaces, Echo group. 01782 406000 [www.brighter-futures.org.uk](http://www.brighter-futures.org.uk)

### Catch 22

supports young men and women (aged between 11 and 18) who are being or who are at risk of sexual exploitation. 01782 237105 [www.catch-22.org.uk](http://www.catch-22.org.uk)

### Carelink

Telephone befriending and support for people who are feeling lonely and isolated (aged 50 and over). 01782 810320 [carelink@saltbox.org.uk](mailto:carelink@saltbox.org.uk)

### Changes Health and Wellbeing

Groups promoting wellbeing, mental health recovery and peer support. 01782 413101 [www.changes.org.uk](http://www.changes.org.uk)

### Childline

ChildLine is a private and confidential service for children and young people up to the age of 19. 0800 11 11

### Connect CAMHS and First Steps

0300 123 0907 Option 4 for all referrals, including priority referrals

### Citizens Advice Bureau

03444 111444

### Disability Solutions

Advice and support for those affected by disabilities. 01782 638300 [www.disability-solutions.net](http://www.disability-solutions.net)

### The Dove Service

Counselling and support to those affected by bereavement or life changing illness. 01782 683155 [www.thedoveservice.org.uk](http://www.thedoveservice.org.uk)

### Echo Group

(Self Harm Support Group)

07500 444116 or contact Brighter Futures 01782 406000

### Healthy Minds

Multi agency partnership (North Staffs Combined Healthcare Trust, Changes and North Staffs Mind), offering psychological treatments. 0300 123 0907 option 2

### LGBT Stoke

Organisation that provides local support groups for lesbian, gay, bisexual and transgender (LGBT) people in Stoke-on-Trent and online support. 0300 123 0970 [lgbtstoke.co.uk](http://lgbtstoke.co.uk)

### Lifeworks Staffordshire

Voluntary agency offering support to those with Aspergers or high functioning autism. 01782 615222 [www.lifeworksstaffordshire.org.uk](http://www.lifeworksstaffordshire.org.uk)

### Lymebrook Mental Health

0300 790 0237

### North Staffs Carers Association

Support and advice to all those caring for other people. 01782 793100 [www.carersfirst.com](http://www.carersfirst.com)

### North Staffs Wellbeing Service

Multi agency partnership offering psychological treatments 01782 711651