

MENTAL HEALTH CHARITIES, GROUPS AND SERVICES

Services In and Around Barnsley

Adult ADHD/Aspergers

Manygates Clinic Service for adults with ASD	01924 316492
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Alcohol/Substance Addiction

Human Kind, Barnsley Recovery Steps	01226 779066
The Thrive Project/T4 Beevor Court <i>(support in tenancy)</i>	01226 321892 Complex needs,
Addaction (Ketamine/MCAT) <i>Support for families if someone has addiction issues</i>	01226 289058
Barnsley Beacon	01226 814 012

Advocacy Service	01226 292621
Age UK Barnsley	01226 776820
Alzheimer's Society	01226 296301
Barnsley Bereavement Service	01226 200565
Barnsley Churches Drop in <i>For 16+ years, anyone in need can attend. Monday 10 – 12, Thursday 15.00 – 17.00, Friday 12 – 14.00 hours. They are given a hot meal, bag of food to take home, sleeping bags, tents if necessary.</i>	Addaction Building, John Street, Barnsley
Barnsley Hospice <i>who also have a furniture shop and if the person has no money you can negotiate deals for essentials</i>	01226 244244
Beat Eating Disorders, Adult	08088010677 Youth – 08088010711
CAMHS (Child and Adolescent Mental Health Service – Barnsley)	01226 644829 (fax 01226 280897)
Carers Support	Gill Cowell: 07771 660866
Making Space	01226 288772
Child Bereavement	01909 517369 - Bluebell Wood Children's Hospice Angie Beasley at Bluebell Wood – 07881 246975
Cooper Art Gallery - theatre/art group	01226 391112/242905
Combat Stress – helpline	0800 138 1619; SSAFA – 0800 731 4880/ 07410 695 187
Couples Counselling Barnsley Couples Therapy for Depression (CTfD) at IAPT Barnsley	07903 274683/ outpost: 01302 347474 01226 644900

Court Liaison and Diversion Service	01226 736544
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Creative Recovery	01226 805885
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Debt Problems

Citizens Advice Barnsley 10am-4pm	03444 111444
Citizens Advice Bureau, consumer helpline 9am-5pm	0345 4040 506

DIAL Barnsley <i>Supporting disabled people and their families in Barnsley; providing free confidential information; advice and support to enable people to live independent lives.</i>	01226 240273 https://dialbarnsley.org.uk/
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Domestic Violence

IDAS (Independent Domestic Abuse Service)	03000 110 110 (Barnsley Helpline) 0808 808 2241 (Sheffield Helpline) Barnsley Outreach 01226 320 112 Barnsley Refuge 01226 384 054
Pathways (closing JUNE 2019) South Yorkshire Police National Domestic Violence Helpline Victim Support	01226 731812 101/999 (emergency) 0808 2000 247 0845 3030900

Epilepsy

Action Line National Society for Epilepsy Epilepsy Bereaved (SUDEP Action)	0808 8005050 01494 601 400 01235 772 850 (office) bereavement line: 01235 772852
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Emergency Duty Team (out of hours)	01226 787789
Foodbank Partnership <i>provide food parcels, professional must ring to ask for this; also if the person needs toiletries or pet food you need to say so and for how many people in the household</i>	07741 414810
Fire Safety	01142 532314 www.syfire.gov.uk/safe-well email: safe&well@syfire.gov.uk
Fuel Bills Help (Barnsley Citizens Advice)	03444 111444

Gambling

Gamblers Anonymous UK	0114 262 0026
Gamcare	0808 8020 133

8am-midnight, seven days a week	
Gamblers Residential Care (Gordon Moody Association)	01384 241292

Guitar Tuition	http://www.rhythminc.co.uk/ http://www.rockschoolacademy.com/classes
Homeless/Housing Advice Section	01226 773870
Huntington's Disease Association	01909 518942 https://www.hda.org.uk/
Job Centre Plus	0345 6088545
Learning Disabilities	01226 645200
MacMillan Services (community)	01226 644755
Men in Sheds <i>for over 55 years and companionship</i>	01226 776820
MIND <i>anger management, counselling, Muslim women's support group, sexuality support, LGBT group</i>	01226 211188 http://www.rbmind.co.uk/
Medication Advice (Trust Pharmacy)	Barnsley – 01226 644338 Wakefield – 01924 316380
Mental Health Access Team (MHAT)/Improving Access to Psychological Therapies (IAPT)	01226 644900
Mental Health Physiotherapy	01226 644138
Neuro Rehab at Kendray Hospital	01226 644328 – Catherine Edwards – Psychologist provides discussion and advice
InHealth Pain Management	0800 034 0406 https://www.pmsltd.co.uk/
Parkinson's UK	0808 800 0303 (helpline) 0800 138 6593 (supporter service)

Post Natal Depression

Mums in Mind	01226 211188
Community Mental Health Midwife	01226 432193 / 07779 445162 ~ Yasmin Aktar

Probation	0300 047 0000
Rapid Response Service	01226 644560
Refugees and Asylum Seekers (SOLACE)	0113 249 1437 fax: 0113 249 1765
Recovery College (Barnsley)	01226 730433 https://www.southwestyorkshire.nhs.uk/recovery-college/barnsley/
Safeguarding	01226 773300
Samaritans Freephone 24 hours a day, 365 days a year	01226 202222 116 123 https://www.samaritans.org/

Sexual Abuse

BSARCS (Barnsley Sexual Abuse & Rape Crisis service) <i>- counselling and support to victims to enable them to go through the criminal justice system (both children and adults)</i>	01226 320140 https://www.bsarcs.org.uk/
Sheffield Eating Disorder Service	0114 271 6938 (severe)
South Yorkshire Eating Disorder Association (SYEDA)	0114 272 8822/272 8855
Sex Offenders (Stop It Now!) Lucy Faithfull	0808 1000 900 www.lucyfaithfull.org.uk
Social Services <i>for Care Act assessments (if referring for Mental Health Act assessments, ask for AMHP referral line; you will need the patients name, dob, address, telephone number; details of nearest relative and telephone and address; when you last saw the patient, your opinion and why you feel they meet the statutory criteria, any medication, when you will be available for assessment and your contact details)</i>	01226 773300 Cudworth & Brierley Team – 01226 438799 Darton Team – 01226 775480 Goldthorpe Team – 01709 886219 Worsbrough Team – 01226 648010
Supportive Care at Home - District Nursing service	01226 644750 01226 644575
TOP Counselling (Termination of Pregnancy) <i>Local pre and post termination counselling</i>	01226 432 008
Together Support <i>they provide support and a drop in service</i>	01226 770895 https://www.together-uk.org/
TADS Young People's Wellbeing Project <i>mental health support for young people complementary therapies, reiki, healing, therapies for anxiety</i>	01226 872120 01226 200565

Voluntary Work

Voluntary ActionBarnsley	01226 320100 https://www.vabarnsley.org.uk/
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National Organisations - Resources

Mental Health Foundation <i>Improving the lives of those with mental health problems or learning difficulties</i>	020 7803 1101
Together <i>Supports people through mental health services</i>	020 7780 7300
The Centre for Mental Health <i>Working to improve the quality of life for people with mental health problems</i>	020 7827 8300
Depression Alliance <i>Provides information and support to those who are affected by depression via publications, supporter services and a network of self-help groups.</i>	0845 123 2320

<p>British Association for Counselling and Psychotherapy <i>Through the BACP you can find out more about counselling services in your area</i></p>	01455 883300
<p>Breakthrough UK <i>Breakthrough is a small national service user-led organisation that concentrates its efforts on the identification and dissemination of positive practice in mental health, as well as promoting the art of people who have had mental health problems. There are over one hundred and twenty virtual galleries on the Breakthrough website, along with news and events in the arts and health world.</i></p>	<p>Tel: 0161 234 3950</p> <p>Email: admin@breakthrough-uk.co.uk</p> <p>Facebook: www.facebook.com/breakthroughukltd</p>
<p>PANDAS Foundation <i>PANDAS Foundation vision is to support every individual with pre (antenatal), postnatal depression or postnatal psychosis in England, Wales and Scotland. We campaign to raise awareness and remove the stigma. We provide our PANDAS Help Line, Support Groups offer online advice to all and much more.</i></p>	08432 898 401 (every day from 9am – 8pm)

General Advice and Support

<p>StepChange <i>Offers confidential free advice for anyone worried about debt</i></p>	0800 138 1111
<p>Young Minds <i>Provides information and advice for anyone with concerns about the mental health of a child or young person</i></p>	0808 802 5544 (parents helpline) https://youngminds.org.uk/
<p>Rethink Mental Illness <i>Offers fact sheets and guidance on money and mental health</i></p>	0300 500 0927 https://www.rethink.org/
<p>Childline <i>Free, national helpline for children and young people in trouble or danger.</i></p>	0800 1111 https://www.childline.org.uk/
<p>Nightline <i>Listening, support and information service run by students for students. Other places you could go for support</i></p>	http://nightline.ac.uk/
<p>Lesbian and Gay Switchboard <i>Provides information, support and referral services.</i></p>	0300 330 0630 10am-10pm every day
<p>Refugee Council <i>The UK's largest organisation working with refugees and asylum seekers.</i></p>	020 7346 6700
<p>Relate <i>Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support.</i></p>	0300 100 1234 https://www.relate.org.uk/
<p>Counselling Directory <i>A free, confidential directory of trained, professional counsellors and therapists in the UK.</i></p>	http://www.counselling-directory.org.uk/

<p>Teacher Support Network <i>A 24/7 telephone support line which gives teachers access to professional coaches and counsellors 365 days a year. The network also campaigns for change within schools and education policy in order to improve the wellbeing, mental and physical health of teachers.</i></p>	<p>08000 562 561 https://www.educationsupportpartnership.org.uk/</p>
<p>Anxiety UK <i>Works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.</i></p>	<p>08444 775 774</p>

Carers Organisations

<p>Carers UK <i>Carers UK is the voice of carers. It improves their lives by providing information, advice, support and by campaigning for change.</i></p>	<p>0808 808 7777 http://www.carersuk.org/help-and-advice/talk-to-us</p>
<p>Crossroads Care <i>Crossroads Care is Britain's leading provider of support for carers and the people they care for.</i></p>	<p>0845 900 3735</p>

Gender Identity Service Provision

<p>Tavistock & Portman Gender Identity Development Service <i>Identity issues (satellites: Leeds, Exeter, Cardiff)</i></p>	<p>0208 938 2030 Email: gids@tavi-port.nhs.uk www.tavistockandportman.nhs.uk/childrenyoungpeoplegender</p>
<p>Mermaids <i>Support for young people with gender identity issues, their families and carers</i></p>	<p>Tel: Mon-Sat, 3-7pm, 020 81234819 Email: info@mermaidsuk.org.uk</p>
<p>Gires <i>Promotes and communicates research; disseminates information to schools, colleges, universities, health and social care providers and employers</i></p>	<p>Tel: 01372 801554 Email: info@gires.org.uk www.gires.org.uk</p>
<p>Trans Youth Network</p>	<p>www.lgbtconsortium.org.uk/directory/national-trans-youth-network TranzWiki.net for other support groups around the UK</p>