

Useful Numbers

Help is at hand



ORGANISATION	CONTACT INFORMATION	SUPPORTING
Employee Assistance Helpline	24 HOURS A DAY, 365 DAYS A YEAR! You have the benefit of immediate access to a confidential telephone counselling and legal information service that operates 24 hours a day, 365 days a year. Telephone 08000 856 148	Counselling legal and financial support
Advance	Advocacy service for anyone affected by mental illness. Telephone 01978 354 737	Mental Health
Brighter Futures	User led organisation offering drop-ins, rural outreach, special interest support groups. Telephone 01978 313 560	Mental Health
AVOW	Association of voluntary organisation in Wrexham. Telephone 01978 912 556	Mental Health
CAB	Citizens Advice Bureau (Wrexham) Telephone 01978 312 556	Advice
Community mental health team for older people	Elderly Mentally Ill Team (clients over 65) Telephone 01978 727 821	Elderly Mental Health
Samaritans	The Samaritans national 24 hour helpline Telephone 0345 909 090	All Counselling support
Parent line Plus	How to help your child through family change (divorce/separation) Telephone 0808 800 2222	Family Problems
Stepping Stones	Therapeutic services for adults who have been sexually abused as children Telephone 01978 352 717	Sexual abuse
CRUSE	Bereavement Care Telephone 0870 167 1677	Bereavement
RELATE	National Registered Charity offering counselling, sexual therapy and other services to help with difficulties in adult couple relationships. Help is offered whether you are married or not, whatever your age, race, beliefs, sexual orientation or background. Telephone 01978 265 028 (Wrexham) Telephone 0300 330 5793	Relationships



ORGANISATION	CONTACT INFORMATION	SUPPORTING
CALL	Community Advice and listening service FREE, confidential telephone line service. Provides listening, support, information database. Telephone 0800 132 737 (open evenings and weekends)	Mental Health
MIND	Counselling sessions , Information and self-help groups. Telephone 0300 123 3393 or text 86463	Mental Health
National Charity to help promote recovery from obsessive compulsive disorder	Telephone 0207 7226 4000	OCD Mental Health
CAIS	Counselling and range of interventions for Drug and Alcohol Users. Telephone 01978 367 030	Drug/Alcohol support
Community Drug and Alcohol team	Support for patients whose primary problem is drug and/or alcohol related Telephone 01978 261 125	Drug/Alcohol support
Broker	Help returning to work and effect on benefit entitlement Telephone 0800 389 7036	Financial support
Primary mental health team North Wales	Assessment and support for people experiencing all aspects of mental health problems and difficulties stopping prescribed medications Telephone 01352 706 725	Mental Health
Child 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. Telephone 0800 028 8840	Child Bereavement
Gender Identity Research and education society	GIRES' purpose is to improve the lives of trans and gender non-conforming people, including those who are non-binary and non-gender. Telephone 01372 801554	Sexuality



Other useful websites

Counselling - caring for emotional health	www.counselling.ltd.uk
4Therapy	www.4therapy.com

Bereavement

Cruse Bereavement Care	www.crusebereavementcare.org.uk
Relationships and coping with grief	www.bbc.co.uk/relationships

Bullying

ACAS	www.acas.org.uk
Workplace bullying	www.bullyonline.org
School bullying	www.bullying.co.uk

Confidence

How To	www.howtobooks.co.uk/family/selfconfidence
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Depression

NHS guide	www.nhs.uk/depression
Net Doctor	www.netdoctor.co.uk
Mood Gym	www.moodgym.anu.edu.au

Eating disorders

Eating Disorder Association	www.b-eat.co.uk
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Family therapy

AFT (Association for Family Therapy)	https://www.aft.org.uk
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General

BACP (British Association for Counselling and Psychotherapy)	www.bacp.co.uk
BABCP (British Association of Behavioural and Cognitive Psychotherapists)	www.babcp.com
Gestalt Therapy	www.gestaltcentrecounsellors.co.uk
REBT (Rational Emotive Behavioural Therapy)	www.rebtnetwork.org
WPF Therapy	www.wpf.org.uk
Help/support line	www.supportline.org.uk

Mental health

MIND (National Association Mental Health)	www.mind.org.uk
Mental Health Foundation	www.mentalhealth.org.uk
Saneline	www.sane.org.uk

Relationships

Relate	www.relate.org.uk
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Stress

International Stress Management Association	https://isma.org.uk
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Wellbeing

The Site	www.thesite.org
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