



MENTAL HEALTH SUPPORT

**YOU ARE
NOT
ALONE**

Alton Counselling Service	www.altoncounselling.org.uk	01420 89207	Alton Counselling Service (ACS) is a registered charity based in Alton, providing affordable and professional counselling.
Alzheimer's Society	www.alzheimers.org.uk	0300 222 1122	Provides information on dementia, including factsheets and helplines.
Anxiety UK	www.anxietyuk.org.uk	03444 775 774	Charity providing support if you have been diagnosed with an anxiety condition.
Bipolar UK	www.bipolaruk.org.uk		A charity helping people living with manic depression or bipolar disorder.
CALM	www.thecalmzone.net	0800 58 58 58	CALM is the Campaign Against Living Miserably, for men aged 15-35.
ChildLine	www.childline.org.uk	0800 11 11	ChildLine is a counselling service for children and young people.- no problem is too big or too small.
Cruse Bereavement Care	www.cruse.org.uk	0808 808 1677	Support, advice and information to children, young people and adults when someone dies.
Family Lives	www.familylives.org.uk	0808 800 2222	Advice on all aspects of parenting.
Mencap	www.mencap.org.uk	0808 808 1111	Charity working with people with a learning disability, their families and carers.
Men's Health Forum	www.menshealthforum.org.uk		24/ 7 stress support for men by text, chat and email.
Mental Health Foundation	www.mentalhealth.org.uk		Provides information and support for anyone with mental health problems or learning disabilities.
Mind	www.mind.org.uk	0300 123 3393	Promotes the views and needs of people with mental health problems.
No Panic	www.nopanic.org.uk	0844 967 4848	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder.
OCD Action	www.ocdaction.org.uk	0845 390 6232	Support for people with OCD - Obsessive compulsive disorder.
PAPYRUS	www.papyrus-uk.org	0800 068 4141	Young suicide prevention society.
Relate	www.relate.org.uk		The UK's largest provider of relationship support.
Rethink Mental Illness	www.rethink.org	0300 5000 927	Support and advice for people living with mental illness.
Samaritans	www.samaritans.org.uk	116 123	Confidential support for people experiencing feelings of distress or despair.
SANE	www.sane.org.uk	0300 304 7000	Emotional support, information and guidance for people affected by mental illness, their families and carers.
Shout	www.giveusashout.org	Text Shout to 85258	Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. If you're struggling to cope and you need immediate help.
Young Minds	www.youngminds.org.uk	0808 802 5544	Information on child and adolescent mental health. Services for parents and professionals.



**ALTON
TOWN COUNCIL**

This was compiled by Alton Town Council on behalf of the Alton Community Coordination Group, for more information on other support services available please go to www.alton.gov.uk and click on the community resource hub.

