

Useful links to charities



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Useful links to charities

This document includes a list of organisations and resources that could be valuable for members during challenging times.

Addiction

Helplines & Support

- **Alcoholics Anonymous** <https://www.alcoholics-anonymous.org.uk/>
- **BetKnowMore** <https://www.betknowmoreuk.org/>
- **GamCare** <https://www.gamcare.org.uk/>
- **AlcoholChange** <https://alcoholchange.org.uk/>
- **Gamblers Anonymous** <https://www.gamblersanonymous.org.uk/>
- **With You** <https://www.wearewithyou.org.uk/>

Other resources

- **NHS** <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>
- **Drink Aware** <https://www.drinkaware.co.uk/> GamAnon <http://gamanon.org.uk/>
- **Mind** <https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/>
- **Talk to Frank** <https://www.talktofrank.com/>
- **Nacro** <https://www.nacro.org.uk/criminal-record-support-service/support-for-individuals/addiction-services/drug-support-services/>
- **HumanKind** <https://humankindcharity.org.uk/drug-and-alcohol-recovery/>
- **TurningPoint** <https://www.turning-point.co.uk/services/drug-and-alcohol-support/friends-and-family.html>
- **DrugFAM** <https://www.drugfam.co.uk/>
- **Betel** <https://www.betel.uk/>
- **The Bead Project** <https://www.beadproject.org.uk/>

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Bereavement

Helplines & Support

- **Cruse Bereavement** <https://www.cruse.org.uk/>
- **Cruse Bereavement Scotland** <https://www.crusescotland.org.uk/>
- **Child Death Helpline** <http://childdeathhelpline.org.uk/>
- **Child Bereavement UK** <https://www.childbereavementuk.org/>
- **SAMM (Support after Murder or Manslaughter)** <https://www.samm.org.uk/>
- **Papyrus (After suicide)** <https://www.papyrus-uk.org/>
- **UK SOBS (After suicide)** <https://uksobs.org/>

Other resources

- **The Bereavement Register** <https://www.thebereavementregister.org.uk/>
- **Brake Charity** <http://www.brake.org.uk/>
- **Road Peace** <https://www.roadpeace.org/>
- **Support After Suicide** <https://supportaftersuicide.org.uk/>
- **Child Death Helpline** <https://www.childdeathhelpline.org.uk/>
- **Sands** <https://www.sands.org.uk/>
- **Grief Chat** <https://griefchat.co.uk/>
- **The Miscarriage Ass** <https://www.miscarriageassociation.org.uk/>
- **Bereaved Parent Support** <https://www.careforthefamily.org.uk/family-life/bereavement-support/bereaved-parent-support>
- **Support with funeral costs** <https://www.gov.uk/funeral-payments>

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Bullying, Harassment & Discrimination

Helplines & Support

- **National Bullying Helpline** <https://www.nationalbullyinghelpline.co.uk/>
- **National Stalking Helpline**
<https://www.suzylamplugh.org/pages/category/national-stalking-helpline>
- **Rights of Women Helpline** 020 7490 0152 (sexual harassment)

Other resources

- **Bullying UK** <https://www.bullying.co.uk/>
- **Ditch the Label** <https://www.ditchthelabel.org/>
- **ACAS** <https://www.acas.org.uk/discrimination-bullying-and-harassment>
- **Bully Online** <https://bullyonline.org/index.php>
- **Changing Faces** <https://www.changingfaces.org.uk/>
- **Family Lives** <https://www.familylives.org.uk/>
- **Anti-Bullying Alliance** <https://anti-bullyingalliance.org.uk/>
- **Galop (LGBT+)** <https://galop.org.uk/>
- **LGBT Foundation** <https://lgbt.foundation/>
- **SARI (Stand Against Racism & Inequality)** <https://saricharity.org.uk/>
- **Tell Mama** <https://tellmamauk.org/>

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Cognitive, Health & Communication

Resources - Cognitive and Health

- **Downs Syndrome Ass.** <https://www.downs-syndrome.org.uk/>
- **Sense** <https://www.sense.org.uk/>
- **Cerebral Palsy** <http://www.cerebralpalsy.org.uk/>
- **RNIB (Sight)** <https://www.rnib.org.uk/>
- **RNID (Hearing)** <https://rnid.org.uk/>
- **Epilepsy** <https://www.epilepsy.org.uk/>
- **Mobility Trust** <https://mobilitytrust.org.uk/>
- **Headway (Head Injury)** <https://www.headway.org.uk/>
- **National Autistic Society** <https://www.autism.org.uk/>
- **Stroke Association** <https://www.stroke.org.uk/>
- **ADHD** <https://adhdfoundation.org.uk/>
- **MacMillan Cancer** <https://www.macmillan.org.uk/>
- **Diabetes** <https://www.diabetes.org.uk/>
- **Arthritis** <https://www.arthritisaction.org.uk/>
- **Arthritis** <https://www.arthritis.org/>
- **MS Society** <https://www.mssociety.org.uk/>
- **Dementia** <https://www.alzheimers.org.uk/>
- **Parkinson's** <https://www.parkinsons.org.uk/>
- **Leukaemia** <https://www.leukaemiacare.org.uk/>
- **British Heart Foundation** <https://www.bhf.org.uk/>

Resources - Communication

- **Dyslexia** <https://www.bdadyslexia.org.uk/>
- **Speech Therapy** <https://www.rcslt.org/>
- **Find A Voice** <https://www.findavoice.org.uk/>

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Emotional Resilience

Resources

- **Support Line** <https://www.supportline.org.uk>
- **Women's Aid** <https://www.womensaid.org.uk>
- **Victim Support** <https://www.victimsupport.org.uk>
- **Refuge** <https://www.refuge.org.uk>
- **Elder Abuse** <https://www.elderabuse.org.uk/>
- **Rape Crisis** <https://rapecrisis.org.uk/>
- **National Stalking Helpline**
<https://www.suzylamplugh.org/Pages/Category/national-stalking-helpline>

Family support

- **Relate** <https://www.relate.org.uk>
- **Carers UK** <https://www.carersuk.org>
- **Young Minds** <https://www.youngminds.org.uk/>

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Financial Resilience & Bills

Financial Management Resources

- **StepChange** <https://www.stepchange.org>
- **Christians Against Poverty** <https://capuk.org/>
- **Money Helper** <https://www.moneyhelper.org.uk/en>
- **National Debt Line** <https://www.nationaldebtline.org/>
- **Debt Advice Foundation** <http://www.debtadvicefoundation.org/>
- **Business Debt** <https://www.businessdebtline.org/>
- **Mental Health & Money** <https://www.mentalhealthandmoneyadvice.org/en/>
- **Money Saving Expert** <https://www.moneysavingexpert.com/>
- **Turn2Us** <https://www.turn2us.org.uk/>
- **Action Fraud** <https://www.actionfraud.police.uk/> (England, Wales and N.Ireland) (Scotland would need to contact Police Scotland on 101 or via <https://www.scotland.police.uk/advice-and-information/scams-and-frauds/>)
- **Phone-paid Services Authority** <https://psauthority.org.uk/>
- **Policy in Practice** <https://policyinpractice.co.uk/software/> (benefits calculator)
- **The Money Charity** <https://themoneycharity.org.uk/>
- **Skills Enterprise** <https://www.skillsenterprise.co.uk/Financial-literacy.html>
- **Citizens Advice** <https://www.citizensadvice.org.uk/debt-and-money/>
- **ScamSmart** <https://www.fca.org.uk/scamsmart>

Paying Bills

Support with energy bills

- **Ofgem** <https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills>
- **Citizens Advice** <https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-youenergy-bills>

Support with water bills

- **Consumer Council for Water** <https://www.ccwater.org.uk/households/help-with-my-bills/>
- **Citizens Advice** <https://www.citizensadvice.org.uk/consumer/water/water-supply/problems-with-paying-your-water-bill/help-withpaying-your-water-bills/>

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Support with council tax bill

- **Citizens Advice** <https://www.citizensadvice.org.uk/housing/council-tax/check-if-you-can-pay-less-council-tax/>

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Food and Housing

Food Banks

- **Trussell Trust** <https://www.trusselltrust.org/get-help/find-a-foodbank/>

Housing Resources

- **Shelter** <https://england.shelter.org.uk/>
- **Crisis** <https://www.crisis.org.uk/>
- **Centrepoint** <https://centrepoint.org.uk/>
- **Housing Justice** <https://housingjustice.org.uk/>
- **Porchlight (Kent)** <https://www.porchlight.org.uk/>

Support with rent arrears

- **Citizens Advice** <https://www.citizensadvice.org.uk/housing/renting-privately/during-your-tenancy/dealing-with-rent-arrearshousing/#:~:text=You'll%20be%20in%20'rent,problem%20will%20only%20get%20worse.>

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Mental Health

Helplines and Support

- **Samaritans** <https://www.samaritans.org/>
- **Saneline** <http://www.sane.org.uk>
- **Calmzone** <https://www.thecalmzone.net/>
- **Shout** <https://giveusashout.org/>

Other resources

- **Mind** <https://www.mind.org.uk>
- **Rethink** <https://www.rethink.org>
- **Action for Happiness** <https://www.actionforhappiness.org/>
- **Heads Together** <https://www.headstogether.org.uk/>
- **Campaign to End Loneliness** <https://www.campaigntoendloneliness.org/>
- **Together** <https://www.together-uk.org/>

Additional resources

Apps

- **Samaritans Self-help**
- **Recovery Record** – An eating disorder app
- **Stay Alive** – A suicide prevention app
- **Bright Sky** – An abusive relationship app
- **Jointly App** – For carers