

Support and Signposting

external support and resources

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**YORK
ST JOHN
UNIVERSITY**

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YORK ST JOHN
**COMMUNITIES
CENTRE**

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Emergency Support Services

If you or someone you know is having thoughts of self-harm it is important to seek help and support. These thoughts can be intrusive and complex, but you do not have to suffer through it alone. If you or someone you know is in need of emergency help and cannot wait to seek further help through other services, please contact one of the emergency helplines below.

Samaritans

24 hour support line for when you need someone to talk to. Call for free on 116 123.
www.samaritans.org

NHS Advice Line

Call 111 for non-life-threatening emergencies.

NHS Emergencies

Call 999 for life-threatening emergencies.

CALM (Campaign Against Living Miserably)

Helpline available from 5:00pm to midnight for people who are feeling down and need to talk. Call 0800 58 58 58.
www.thecalmzone.net

The Haven

Information and emotional support for those in crisis or heading towards crisis. Helpline available from 6:00pm to 11:00pm. Call 07483 141 310, 07483 141 307, 07484 076 695, 07483 141 30.
www.mhm.org.uk/the-haven-30-clarence-street

York Nightline

Confidential listening and information service, available from 8.00am to 8.00pm. Call 01904 323 735.
www.yorknightline.org.uk

SHOUT

Crisis text service. Text for free to 85258.
www.giveusashout.org

Kooth

A safe and anonymous online counselling and advice service.
www.kooth.com

Papyrus

Provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline. Call 0800 068 41 41 or text 0778 620 9697.
www.papyrus-uk.org

NHS, TEWV Crisis Service

0800 0516 171 (24 hours, 7 days a week - all ages).



External Resources and Support Services

Below are some of the local and national support that is out there – these are not endorsed by the Centre, but shared as a means of signposting, so please utilise using your own research and discernment.

General Wellbeing

Anxiety UK

Offering an extensive range of support services designed to help control anxiety rather than letting it control you.

www.anxietyuk.org.uk

Bipolar UK

Providing peer support services to empower people affected by bipolar to live well.

www.bipolaruk.org

Changing Lives

Supporting with housing, homelessness, recovery, wellbeing, employment and training.

www.changing-lives.org.uk

Citizens Advice

The UK's largest advice provider supporting people from debt, employment, consumer, housing, family, law and courts, immigration and health.

www.citizensadvice.org.uk

Every Mind Matters

Website sharing wellbeing, anxiety and depression tips, techniques and information.

www.nhs.uk/oneyou/every-mind-matters

No Panic

Anxiety support service offering a 365 day a year helpline and 24-hour crisis message, and individual and group recovery courses.

www.nopanic.org.uk/support-services

OCD Action

Offers an email helpline, support groups, forums, and services for adults and young people.

www.ocdaction.org.uk

Problem Shared

Provides access to quality care for individuals and institutions seeking mental healthcare services or neurodevelopmental assessments and support.

www.problemshared.net

QWELL

Online emotional wellbeing and mental health support. Services include; Booking 1 to 1 chats with trained counsellors, taking part in themed group therapy sessions, accessing a secure email service, and getting involved with a messaging forum, online magazine and chat room.

www.qwell.io

Rethink

Providing advice and information on conditions and symptoms, living with mental illness, and your rights and restrictions.

www.rethink.org

SANE

SANE has a range of services to help improve the quality of life for anyone affected by mental illness. The SANEline helpline offers non-judgemental and compassionate emotional support via email support and text. SANE also have a 24/7 community, creative awards scheme, and online resources.

www.sane.org.uk/how-we-help

York Ending Stigma

A group of York residents, employers, and employees coming together to share, as much or as little of, their mental health experiences through a variety of means to help end mental health stigma and discrimination in York.

www.yorkcvs.org.uk/york-ending-stigma

Bereavement and Loss

At A Loss

Provides the UK's bereavement signposting and information website, enabling bereaved people to find tailored support and practical information all in one place.

www.ataloss.org

The Bereavement Register

By registering with their free service, the names and addresses of the deceased are removed from mailing lists, stopping most advertising mail within as little as six weeks.

www.thebereavementregister.org.uk

Bereaved Children Support York

Supporting children, young people and their families living in the York area, so that they are better able to cope with the impact of grief on their lives.

www.bcsy.org.uk

The Compassionate Friends

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children from a month old and from any cause.

www.tcf.org.uk

Cruse Bereavement Support

Provides bereavement support for adults, young people and children, an online helpline, one to one support, local support services, information and campaigning.

www.cruse.org.uk

Good Grief Trust

Useful information, helplines, advice and encouraging stories from others to help you in this most difficult of times and to find a way forward with your life.

www.thegoodgrieftrust.org

Grief Encounter

Supporting bereaved children, young people, and their families. Providing a range of support services, a national telephone helpline, and resources.

www.griefencounter.org.uk

Reflect

Free support service in North Yorkshire providing free care and support for those experiencing pregnancy loss. They also provide support to those facing a pregnancy choice.

www.reflectsupport.co.uk

SAMM National (Support After Murder and Manslaughter)

Offering a wide range of peer support services, they provide support to close relatives as well as wider family members who are bereaved by murder and manslaughter.

www.samm.org.uk

SoBS (Survivors of Bereavement by Suicide)

SoBS exists to provide free peer support to adults bereaved by suicide in a timely and open ended manner so that no one bereaved by suicide has to face their loss alone.

www.uksob.org/support-groups/york

Sue Ryder

Online bereavement support, connecting you with the right support whether that's information and resources, qualified counsellors or a community of others with similar experiences.

www.sueryder.org/grief-support/online-bereavement-support

Talking About Loss

Offers support in various ways, including a friendly chat with others at one of our monthly pop-up groups, organising different wellness events throughout the year, providing an opportunity to speak with one of our funded Counsellors and referrals to external services, where appropriate.

www.talkingaboutloss.co.uk

Widowed and Young

Offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, inclusive of sexual orientation, gender, race and religion.

www.widowedandyoung.org.uk

Winstons Wish

Helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief.

www.winstonswish.org

Drug and Alcohol Abuse

Addiction Helper

UK website for finding help for anyone affected by addiction with advice on both NHS and private treatment options.

www.addictionhelper.com

Adfam

Support Services for families affected by someone else's substance misuse Adfam York and North Yorkshire Service.

www.adfam.org.uk/yorks

Changing Habits - Changing Lives

We provide one-to-one support for anyone who's not physically dependent and wants to cut down on alcohol.

www.changing-lives.org.uk/find-support/york-drug-and-alcohol-services

York In Recovery CIC

A peer-support and peer led group in recovery from addiction to drugs and alcohol. We offer a safe space, fun activities, and connections for members of the York Community. Our group is for those who are either in, or hoping to get into, recovery, or supporting loved ones struggling with addiction issues.

www.yorkinrecovery.org.uk

Domestic Violence and Abuse

Foundation + Choices

For perpetrators of domestic abuse, providing an opportunity to recognise, acknowledge and change abuse behaviour. The Positive Choices programme is available for anyone, regardless of gender or sexual orientation aged 16 years and over who is a perpetrator of domestic abuse, including repeat offenders and adolescents violent toward parents, who wish to voluntarily address their abusive behaviour.

www.foundationuk.org

IDAS (Independent Domestic Abuse Services)

Supporting local people and families who are affected by domestic abuse or sexual violence.

www.idas.org.uk

Karma Nirvana

First specialist charity for victims and survivors of Honour Based Abuse in the UK. They have a free helpline (0800 5999 247 / Mon-Fri 9am-5pm), and a sanctuary support scheme in Leeds.

www.karmanirvana.org.uk

NAPAC (National Association for People Abused in Childhood)

The UK's leading national charity offering support to adult survivors of all types of childhood abuse, including physical, sexual and emotional abuse and neglect.

www.napac.org.uk

Survive North Yorks

Survive offers specialist counselling and support work to all adults across North Yorkshire who have experienced sexual trauma - the term we use to describe the long term effects of sexual violence.

www.survive-northyorks.org.uk

Supporting Victims in North Yorkshire

Our team are here to help you if you've been the victim of crime in North Yorkshire. We provide free advice and information to support you.

www.supportingvictims.org

Education and Learning Activities

Converge York

Providing courses for adults who use mental health services. Their courses help you develop skills in a supportive educational environment. You have the freedom to be creative, challenge yourself and discover new abilities.

www.yorks.ac.uk/converge

Online Recovery College

Providing a range of online educational courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested.

www.recoverycollegeonline.co.uk

Unforgettable Experiences

Provides live, creative and interactive sessions online. Each of their sessions are designed to support adults from 50 years + with mental health issues, dementia, neurological conditions or long-term conditions and their carers through the power of the arts.

www.unforgettableexperiences.org.uk

Employment

RISE (Reducing Inequalities, Supporting Employment)

Support programme for adults in North Yorkshire and York who are currently out of work and have barriers to engaging with employment and/or training (support programme for adults in North Yorkshire and York who are currently out of work and have barriers to engaging with employment and/or training).

www.autismplus.co.uk

Blueberry Academy

Provides specialist support for young people and adults with learning differences, autism, social, emotional and mental health needs and/or other disabilities. The main aims of Blueberry are to promote employability and independence. We offer education and employment services in York, Selby and Scarborough.

www.blueberryacademy.co.uk

Family

Home Start

Home-Start's expert staff and trained volunteers work alongside families just like yours to give non-judgmental, compassionate and confidential support.

www.homestart.york.org

MUMentum CIC

Offers support and social well-being to mums through organised events, providing mums with a space to connect, socialise and do things they enjoy without their children.

www.uk.linkedin.com/company/mumentum

Raise York

An Information and advice community website for parents, carers, children, young people and anyone who works with children, young people and families.

www.raiseyork.co.uk

Relate

We're here to help you make the most of your couple and family relationships, past, present or future. We can help you even if you're not currently in a relationship.

www.relate.org.uk

Gender and Sex

Andy's Man Club

Men's suicide prevention charity, offering free-to-attend peer-to-peer support groups. www.andysmanclub.co.uk/find-your-nearest-group

Kyra Womens Project

Support local women to make positive change in their lives through a range of courses, therapies, life skills and events for women. They welcome anyone who identifies as a woman and is over the age of 18. Additionally, they have a young women's project (the ROSE group) for those aged 18-25.

www.kyra.org.uk

Lesbian and Gay Bereavement Project

Offers advice and support to people bereaved by the death of a same-sex partner through a telephone helpline, provide advice on suitable clergy for the funeral, funeral directors and solicitors for any legal matters. 0207 833 1674

The Trevor Project

Suicide prevention and crisis intervention for LGBTQ young people. www.thetrevorproject.org

Menfulness

Bringing men together to socialise, exercise, enjoy themselves, talk and let off steam in a non-judging, friendly and supportive environment.

www.menfulness.org

Switchboard LGBTQ

Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. www.switchboard.lgbt

Muslim Women's Network

National specialist, faith and culturally sensitive helpline and counselling service. Mon-Fri / 10am - 4pm. Phone (0800 999 5786), email (info@mwnhelpline.co.uk), text (07415 206 936) and webchat. www.mwnhelpline.co.uk

Mermaids

Supporting trans, non-binary and gender diverse children, young people, and their families. www.mermaidsuk.org.uk

York Women's Wellness Centre

The Women's Centre is a place where women can gather to seek support, develop peer networks and enjoy time in a safe, non-judgemental, women-only space. www.changing-lives.org.uk/find-support/womens-wellness-centre

York Mens Shed

The York Men's Shed is a local community organisation set up to provide a place where men can gather to work on projects or socialize with members. www.yorkmensshed.co.uk

York LGBT Forum

Health, wellbeing and social activities for the LGBTQ+ community. www.yorklgbtforum.org.uk/health-wellbeing



Neurodiversity

Blueberry Academy

Supports disabled young people to prepare for independence and employment. We support people to learn new skill, increase confidence and to achieve their full potential. For young people with education, health and care plans and people with Adult Social Care personal budgets.

www.blueberryacademy.co.uk

National Autistic Society

The UK's most comprehensive directory of services and support for autistic people, their families, and the people who work with them.

www.autism.org.uk

The Retreat Clinics

Offering specialist support for those with autism and ADHD.

www.theretreatclinics.org.uk

Tourette's Action

A support and research charity working to improve the lives of people living with Tourette Syndrome. Services include online live-chat and email support, a befriender network, information, webinars, events and resources.

www.tourettes-action.org.uk

United Response

Outreach and Wellbeing Service

Supports people with learning disabilities, autism and mental health needs to access a diverse range of groups, activities and social opportunities. This can be anything from going for a coffee, attending a music lesson, or going to the cinema.

www.unitedresponse.org.uk

Outdoors

Black Dog Outdoors

Run by volunteers (who are not professional mental health workers) who aim to promote outdoor recreation as a means of improving mental health and wellbeing by providing various outdoor activities and groups.

www.blackdogoutdoors.co.uk

Eco Therapy at St Nicks

At St Nicks Ecotherapy is offered through a wonderful variety of group activities which are underpinned by one-to-one mentoring support. Ecotherapy promotes good mental and physical wellbeing through outdoor activity in a natural environment.

www.stnicks.org.uk/nature-based-wellbeing/ecotherapy

Move the Masses

Wellbeing Walks in Acomb, Tang Hall, Fishergate and Micklegate. Volunteers lead group walks which are more about the socialising and fresh air than the walking! Wellbeing Walks enable people to socialise with each other in a friendly, unpressured setting.

www.movethemasses.org.uk/about-us

Physical

We Are Undefeatable

A movement supporting people with a range of long term health conditions, developed by 15 leading health and social care charities and backed by expertise, insight and significant National Lottery funding from Sport England. Their purpose is to support and encourage finding ways to be active that work for you and your health condition.

www.weareundefeatable.co.uk

Practical Support

Community Bees CIC

Offering a decluttering service across York, working with people whose homes have become cluttered through physical or mental health illness.

www.communitybees.co.uk

GoodGym York

Supporting older people by completing practical household or garden tasks.

www.goodgym.org/request-a-mission

York Neighbours

Aims to reduce loneliness and social isolation by offering help to people aged 65+ wishing to stay independent in their own home.

Volunteers help with small one-off jobs around the house, changing a light bulb, taking down curtains for washing, small DIY jobs and repairs. They also offer calls to people who are isolated or lonely, and organise occasional outings.

www.yorkneighbours.org.uk

Ethnic Minorities

African & Caribbean Mental Health Services

Informs and empowers individuals to identify their own health needs and the resources to deal with them in order to be more resilient to stress and illness.

www.acmh-services.co.uk

Black Minds Matter

Free, one to one, culturally relevant therapy for Black people in the UK.

www.blackmindsmatteruk.com

Kiran

Supporting Asian women. Provides safe supported housing to women and children, free and confidential immigration advice service to women who have suffered domestic abuse, support and guidance for children and young people staying in their refuges and for those living in the wider community, specialist family legal advice, community support, and counselling.

www.kiranss.org.uk

Self Harm

Battle Scars

Supporting anybody affected by self-harm.

They help those who struggle with self-harm by running easy-to-access services for them and for those who support them (families, carers, friends and professionals). Online and phone support, and face to face services for those located in and around Leeds.

www.battle-scars-self-harm.org.uk

Beat Eating Disorders

Support services for those experiencing an eating disorder and those caring for someone with an eating disorder.

www.beateatingdisorders.org.uk

Overeaters Anonymous

The OA Programme is based on the twelve step recovery programme of Alcoholics Anonymous.

www.oagb.org.uk

Zero Suicide Alliance

Offers free online suicide awareness and prevention training and resources.

www.zerosuicidealliance.com



Young People

The Island

Supporting vulnerable children and young people through positive mentoring relationships and unique programmes.

www.theislandyork.org

Mind Garden York

Helping children to understand their mental health, and also provides fortnightly Wellbeing Walks for parents.

www.mindgardenyork.co.uk

The Mix

The UK's leading support service for young people, from mental health, money, homelessness, finding a job, break-ups and drugs. You can talk to them via their online community, on social, through their free, confidential helpline or their counselling service.

www.themix.org.uk

SHINE!

Offers one-to-one counselling sessions for young people aged 12-18.

www.goshine.co.uk

York Night Line

York Nightline is a confidential listening service run by students, for students. They don't give advice; they're just here to listen to whatever is on your mind.

www.yorknightline.org.uk

Other/Directories

Live Well York

A community website for everyone in York. It's used and created by people living and working all across the city. The content comes from people, organisations and Live Well York partners. The website has pages of information to help you find the right advice and services including housing, health, money and lots more.

www.livewellyork.co.uk

Wellbeing in York CIC

Connecting people to local community support to make them feel better.

www.wellbeinginyork.org



Self-support

If you want to do things from home to support your mental health there are several apps that can help with this. Support from apps can include:

- Information hubs
- Advice.
- Exercises such as meditation and goal setting.
- Emergency advice/support lines.
- We recommend the apps below that you can download for free on Apple or Android.

distrACT

Offers emergency advice and information for those at risk of self-harm including medical advice and help lines.

www.expertselfcare.com/health-apps/distract

Stay Alive

A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.

www.stayalive.app

Mindshift CBT - Anxiety Canada

Offers a wide variety of information about various issues. Provides advice on meditation and active solutions, progress tracker, and emergency help services.

www.anxietycanada.com/resources/mindshift-cbt

Togetherall

An anonymous support community. You can share your problems with others and receive advice from those who may be in similar situations.

togetherall.com

WorryTree

An organisation tool that helps you identify what is worrying you and how best to solve this.

www.worry-tree.com/worrytree-mobile-app

Disclaimer

York St John Communities Centre is not responsible for the content or services provided by resources listed here.

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YORK ST JOHN

COMMUNITIES
CENTRE



Services at the Centre

The Centre provides community facing projects such as the Community Language School, and mental health and wellbeing services such as counselling, coaching for wellbeing, bereavement services, free drop-in's and groups. You can find out more by visiting our website:

www.yorksjs.ac.uk/ysjcc

Supporting the Centre

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our community language school, bereavement group and café's, student suicide support group, and drop-ins. As our income grows, so too does our team of co-ordinators, assessors, supervisors, counsellors, coaches, and group facilitators. Anything that you are able to donate can help support the work we do and the services that we offer to our community.



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