**DEPRESSION AND ANXIETY RESOURCES**

* [**Samaritans**](http://www.samaritans.org.uk/): http://www.samaritans.org, Helpline: 116 123; e-mail: [jo@samaritans.org](mailto:jo@samaritans.org). National organisation offering support to those in distress who feel suicidal or despairing and need someone to talk to.
* **Local resources/information:** [**http://www.redditchbc.gov.uk/**](http://www.redditchbc.gov.uk/)
* [**Relate**](http://www.relate.org.uk/): Tel: 0300 100 1234; email: [enquiries@relate.org.uk](mailto:enquiries@relate.org.uk). UK's largest and most experienced relationship counselling organisation.
* [**Depression Alliance**](http://www.depressionalliance.org/)**:** <http://www.depressionalliance.org>, Tel: 0845 123 23 20; email: [information@depressionalliance.org](mailto:information@depressionalliance.org). Self-help groups, information, and raising awareness for depression.
* **NHS Moodzone:** <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx>
  + **NHS Mindfullness:** http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx
* Mind: [www.mind.org.uk](http://www.mind.org.uk). **0300 123 3393**, [info@mind.org.uk,](mailto:info@mind.org.uk,%20)
* **Online cognitive behavioural therapy (CBT) resources** 
  + **Get Self Help:** www.getselfhelp.co.uk
  + **Live Life to the Full:** www.llttf.com
  + **Mood Gym:** [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)
* **1989For under 18’s – 01905822666**

**West Mercia Rape and Sexual Abuse Support**

* **01905724514**
* **Well Being Hub: 01905766124 (Monday Friday 9am – 5pm)**
* **http://www.hacw.nhs.uk/our-services/healthy-minds/**
* **Cognitive Behavioural Therapy Self Referral Number:** 01527 488 631
* **The Sandycroft Centre, Redditch, B98 7DH:** [www.sandycroft.org](http://www.sandycroft.org), 01527595135
* email: [counsellors@sandycroft.org](mailto:counsellors@sandycroft.org)