

# Counselling, Support Groups and other Mental Health Services Directory

<b>Bereavement Services</b>	
<p><b>Cruse Bereavement Care Croydon</b>                      Phone. 020 816 0855                      Website: <a href="http://www.crusecroydon.org.uk">http://www.crusecroydon.org.uk</a></p>	<p>Free individual bereavement support and counselling, Support Groups, Self Referral via phone (Please call and leave contact details).</p>
<p><b>Woodside Bereavement Services</b>                      South Norwood                      Phone. 020 8662 1648                      Website: <a href="http://www.thelisteningear.org.uk">http://www.thelisteningear.org.uk</a></p>	<p>Free bereavement counselling                      Self-Referral via phone or complete and return a referral form (see website) by email (<a href="mailto:wbs@thelisteningear.org.uk">wbs@thelisteningear.org.uk</a>) or by post.</p>
<p><b>Croydon Council</b>                      Phone. 020 8684 3877                      Email: <a href="mailto:bereavement@croydon.gov.uk">bereavement@croydon.gov.uk</a></p>	<p>Assistance and guidance with the administrative and official tasks.                      We answer queries, help with bereavement training and can provide free community-focused assistance, including open days to prepare people for bereavement and help them cope, guided cemetery walks and memorial services.</p>
<p><b>Compassionate Friends</b>                      Phone: 0845 123 2304 (helpline) 0845 120 3785 (office)                      Email: <a href="mailto:info@tcf.org.uk">info@tcf.org.uk</a>                      Website: <a href="http://www.tcf.org.uk">www.tcf.org.uk</a></p>	<p>The Compassionate Friends (TCF) is an organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. They also offer support, advice and information to other relatives, friends and professionals who are helping the family.</p>
<p><b>Survivors Of Bereavement By Suicide (National)</b>                      Telephone: 0870 241 3337 (Helpline) 0114 272 5955 (Office), 01925 826204 (minicom)                      Email: <a href="mailto:sobs.support@care4free.net">sobs.support@care4free.net</a>                      Website: <a href="http://www.uk-sobs.org.uk">www.uk-sobs.org.uk</a></p>	<p>Telephone contact, bereavement packs, self help groups, one day conferences and support days, residential events, general information and one to one meetings in some areas.</p>
<b>Counselling and Support</b>	
<p><b>Croydon Drop-in</b>                      132 Church Street, Croydon, CR0 1RF                      Phone. 020 8680 0404                      Email: <a href="mailto:enquiries@croydondropin.org.uk">enquiries@croydondropin.org.uk</a>                      Website: <a href="http://www.croydondropin.org.uk">http://www.croydondropin.org.uk</a></p>	<p>For 11-25 year olds. Free and Confidential.                      Information, advice and counselling</p>
<p><b>Childline</b>                      Phone. 0800 1111 (Free)                      Text phone. 0800 400 222                      Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	<p>ChildLine is the free, 24-hour helpline for children and young people in the UK. Children and young people can call the helpline about any problem, at any time - day or night. Children who are deaf or find using a regular phone difficult can try the text phone service on 0800 400 222.</p>
<p><b>Mind In Croydon</b>                      Website: <a href="http://www.mindincroydon.org.uk">http://www.mindincroydon.org.uk</a>                      Phone. 020 8668 2210                      Phone (Counselling). 020 8763 2064</p>	<p>Counselling and Support Groups, ongoing community, in-work and employment Support. Social networking service.                      Self Referral via phone                      Cost: Counselling - £15 waged, £5 unwaged.                      Comprehensive service directory: <a href="http://directory.mindincroydon.org.uk/Default.aspx">http://directory.mindincroydon.org.uk/Default.aspx</a></p>
<p><b>Depression Alliance</b>                      Phone: 0845 123 23 20                      Email: <a href="mailto:information@depressionalliance.org">information@depressionalliance.org</a>                      Website: <a href="http://www.depressionalliance.org">www.depressionalliance.org</a></p>	<p>Information and Support Services.</p>
<p><b>Off the Record (Croydon)</b>                      Website: <a href="http://www.offtherecordcroydon.org">http://www.offtherecordcroydon.org</a>                      Phone (Counselling). 020 8251 0251                      Phone (Life Coaching and Alcohol/Drugs). 020 8296 9655</p>	<p>Free and Confidential                      Counselling, Life Coaching and Drug/Alcohol services for 14 - 25 year olds.                      Self Referral via phone</p>

<p><b>Samaritans</b>                  Website: <a href="http://www.samaritans.org">http://www.samaritans.org</a>                  Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>                  Phone: 08457 90 90 90</p>	<p>Free and Confidential. Available 24/7.                  For anyone with feelings of distress, despair and at risk of self-harm (suicide).                  We offer our service by telephone, email, letter and face to face in most of our branches.</p>
<p><b>Social Anxiety UK</b>  <a href="http://www.social-anxiety.org.uk">http://www.social-anxiety.org.uk</a></p>	<p>Information and Support Groups</p>
<p><b>CFP Counselling Croydon</b>                  Website: <a href="http://www.cpcfocounselling.org.uk">http://www.cpcfocounselling.org.uk</a>                  Phone: 020 8760 0665                  Email: <a href="mailto:email@cpcfocounselling.org.uk">email@cpcfocounselling.org.uk</a></p>	<p>Counseling for adults 18+ years                  Self-referral accepted                  Counseling fees applicable.</p>
<p><b><i>Sexual Abuse</i></b></p>	
<p><b>Rape and Sexual Abuse Support Centre</b>                  Website: <a href="http://rasasc.bizview.co.uk">http://rasasc.bizview.co.uk</a>                  Phone: 0208 683 3311, 0808 802 9999 (National)</p>	<p>Counseling, support, support groups, advocacy (14+ years).</p>
<p><b>One in Four</b>                  Phone: 020 8697 2112                  Email: <a href="mailto:admin@oneinfour.org.uk">admin@oneinfour.org.uk</a>                  Website: <a href="http://www.oneinfour.org.uk">www.oneinfour.org.uk</a></p>	<p>Up to 2 years of one to one low cost specialist counselling, relationship counselling, work shops, advocacy and a helpline.</p>
<p><b>Rape Crisis (National)</b>                  Telephone: 0808 802 9999                  Email: <a href="mailto:info@rapecrisis.org.uk">info@rapecrisis.org.uk</a>                  Website: <a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a></p>	<p>Free confidential support and information for women and girls who have experienced any form of sexual violence at any time in their lives.</p>
<p><b><i>Relationship/Couples</i></b></p>	
<p><b>Relate</b>                  Phone (Croydon). 020 8680 1944                  Email: <a href="mailto:info@relatecandw.org.uk">info@relatecandw.org.uk</a></p>	<p>Relationship counselling for couples and individuals whether married, living with partner, divorced, heterosexual, gay or lesbian.                  Counselling fees are applicable.</p>
<p><b>Croydon Women's Aid</b>                  Phone: 020 8679 8848                  Email: <a href="mailto:cwomensaid@googlemail.com">cwomensaid@googlemail.com</a></p>	<p>Safe temporary accommodation and support for women and children who are fleeing / experiencing domestic abuse. Floating Support offers practical and emotional support for women living with/survivors of domestic abuse living in Croydon area.</p>
<p><b>Marriage Care</b>                  Telephone: 020 7371 1341, 0845 660 6000                  Email: <a href="mailto:info@marriagecare.org.uk">info@marriagecare.org.uk</a>                  Website: <a href="http://www.marriagecare.org.uk">www.marriagecare.org.uk</a></p>	<p>Confidential counselling services accessed by self-referral for people who have difficulties in their marriage or other personal relationships. Donations requested for counselling sessions according to clients' means.</p>
<p><b><i>Refugee and Migrant Health</i></b></p>	
<p><b>HARP</b>                  Phone: 0778 900 67 24                  Email: <a href="mailto:Pauline.Lane@nhs.net">Pauline.Lane@nhs.net</a>                  Website: <a href="http://www.harpweb.org.uk">www.harpweb.org.uk</a></p>	<p>HARP provide a Mental Health and Well Being Web Resource designed to help health professionals in assisting asylum seekers and refugees with mental health issues.</p>
<p><b><i>Alcohol and Other Drugs</i></b></p>	
<p><b>Alcoholics Anonymous</b>                  Phone: 0845 7697555                  Website: <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a></p>	<p>Support Group</p>
<p><b>Cocaine Anonymous UK</b>                  Phone: 0800 612 0225                  Email: <a href="mailto:helpline@cauk.org.uk">helpline@cauk.org.uk</a>                  Website: <a href="http://www.cauk.org.uk">www.cauk.org.uk</a></p>	<p>Support Group</p>

<p><b>Narcotics Anonymous</b>          Telephone: 020 7730 0009, 0845 3733366          Email: helpline@ukna.org          Website: www.ukna.org</p>	<p>Support Group</p>
<p><b>Croydon Drug and Alcohol Services</b>          Phone: 020 8604 7104          Website: http://www.croydondaat.org.uk</p>	<p>Advice and information , One-to-one support ,Medication, Methadone maintenance, Drug and alcohol detoxification, Hepatitis B and C testing, Hepatitis B vaccination, Community care assessments, Access to rehabilitation programmes.</p>
<p><b>Croydon Community Drug Agency</b>          Phone: 020 8686 7500          Website: www.cranstoun.org</p>	<p>A voluntary sector organisation managed by Cranstoun drug services. Provides treatment and support for drug misuse. Drop-in facility, specialist work with stimulant users, including alternative therapies, group work, counselling, needle exchange and support for families/carers of drug users. Self referral accepted.</p>
<p><b>Croydon Alcohol Counselling Service</b>          28 Wellesley Road, Croydon, CR0 2AD          Phone. 020 8667 9500</p>	<p>Adults (18+). No cost, donations welcome. Self referral via phone.</p>
<p><b>Keystone House</b>          Website: http://www.slymca.org.uk/keystone-house.php          Telephone: 020 8662 1171          Email: keystone@slymca.org.uk</p>	<p>An abstinence based hostel for people in recovery from alcohol or drug misuse. Provides a structure and supportive 6 month rehabilitation and recovery programme. Self-referral accepted.</p>
<b>Carer Support</b>	
<p><b>Rethink Carer Support (Croydon)</b>          Website: http://www.rethink.org          Phone. 020 8649 6281          Email. croydoncarers@rethink.org</p>	<p>Support, advice, education, training, and advocacy given to carers who look after adults with mental illness.</p>
<p><b>Carers' Information Service</b>          Phone: 020 8649 9339          Email: info@carersinfo.org.uk          Website: www.carersinfo.org.uk</p>	<p>Information, support and advocacy for carers</p>
<p><b>Carers Croydon</b>          Phone: 020 86499339 or 07946 305613 (Out of hours)          Email: info@carerscontactline.co.uk          Website: www.croydon.gov.uk/carersadvice</p>	<p>Carers Croydon is an organisation run for and by carers, offering support to carers and campaigning for a better service for carers in Croydon.</p>
<b>Eating Disorders</b>	
<p><b>Eating Disorders Association (beat)</b>          Phone. 0845 634 1414 (Adult) 0845 634 7650 (Youthline),          Youthline text number: 07786 20 18 20          Email: help@b-eat.co.uk          Website: http://www.b-eat.co.uk</p>	<p>A charity which offers information on eating disorders and treatments and supports a network of self-help groups. See below for details of helplines and visit the website to find out about local self-help groups.</p>
<p><b>National Centre For Eating Disorders</b>          Telephone: 0845 838 2040          Website: www.eating-disorders.org.uk</p>	<p>Counselling, professional training and an information service.</p>
<p><b>Overeaters Anonymous</b>          Telephone: 07000 784985 (National)          Website: www.oagb.org.uk</p>	<p>Support Group.          Email: oagbnsb@hotmail.com</p>
<b>Other Services</b>	
<p><b>Alzheimer's Society</b>          122 Selhurst Road, South Norwood, SE25 6LL          Phone. 020 8916 3587</p>	<p>Support for people with all forms of dementia and their carers.</p>

<p><b>Face2Face</b>          Phone: 020 8667 0207          Email: contact@croydon-homestart.co.uk          Website: www.croydon-homestart.co.uk</p>	<p>Face2Face project supports families with children with a special need or disability, especially at the time of diagnosis.</p>
<p><b>Anger Control Training Group</b>          Phone. 020 8763 2064          Email. counselling@mindincroydon.org.uk</p>	<p>Anger Control Training Course: An eight week course, based in Purley, Croydon. Each session is 1½ hours long.</p>
<p><b>Brent Mind - Hearing Voices Group</b>          Phone. 020 8451 3200</p>	<p>Support group The group is open to all voice hearers, (every Tuesday 2.30-3.30pm. ) The group can offer an opportunity: * To talk freely about hearing voices. To share coping strategies, information and ideas. To become less isolated and lonely.</p>
<p><b>Burgess Autistic Trust - Croydon Parent Support Group</b>          Phone. 0208 464 2897          Email: hannahbowley@burgessautistictrust.co.uk</p>	<p>The Support Group has been set up to support parents with adult children with an ASD. The group meets on the 4th Monday of every month from 6:30pm – 8:30pm at the East Croydon URC.</p>
<p><b>Gamblers Anonymous Croydon</b>          Phone: 08700 50 88 80 / 020 7384 3040          Email: info@gamblersanonymous.org.uk          Website: www.gamblersanonymous.org.uk</p>	<p>Run on the same lines as Alcoholics Anonymous, using the "Twelve Steps of Recovery", adapted to gambling. The Croydon Group meets at Rees House, 2-4 Morland Road CR0 67A, on Monday evenings, 7.45pm - 9.30pm. Gam-Anon, for friends and relatives, meets at the same time, in another room at the same address.</p>
<p><b>Harmless</b>          Phone: 0115 928 2468          Email: info@harmless.org.uk          Website: www.harmless.org.uk</p>	<p>A user led organisation that provides support, information, training and consultancy to people who self harm, their friends and families and professionals.</p>
<p><b>No Panic</b>          Telephone: 0808 808 0545 (Helpline)          Email: ceo@nopanic.org.uk          Website: www.nopanic.org.uk</p>	<p>Support for the relief and rehabilitation of those people suffering from Panic Attacks, Phobias, Obsessive Compulsive Disorders, other related Anxiety Disorders, including Tranquilliser Withdrawal, and to provide support to sufferers and their families and or carers. We offer a telephone helpline (Night-time Anxiety Crisis Line FREEPHONE 0808 808 0545, 10-00 pm TO 10-00 am) and information, including a written recovery programme for phobias</p>
<p><b>OCD Action</b>          Phone: 0845 390 OCDA (6232) help and information line          Website: www.ocdaction.org.uk</p>	<p>Information and support, promoting recovery from OCD and related disorders.          Email: info@ocdaction.org.uk</p>
<p><b>Post Natal Depression</b>          Tamworth Road Resource Centre.          Phone: 020 3228 6320</p>	<p>Outpatient appointments with consultant psychiatrist. GP referral only (please ask your GP)</p>
<p><b>The Women's Service</b>          Telephone: 020 3228 5500</p>	<p>The Women's Service is for women with enduring mental health problems who are experiencing a mental health crisis. Offering 24 hour mental health care to women who might otherwise be offered an informal admission to psychiatric hospital.</p>
<p><b>Victim Support in Croydon</b>          Telephone: 020 8681 7711          Email: vscroydon@vslondon.org          Website: www.victimsupportcroydon.org.uk</p>	<p>Offering help and advice to both male and female on a range of issues including: Rape &amp; Sexual Support, Victim Support, Health Issues, Risk of Pregnancy, Sexually Transmitted Infections and Legal Advice. We also offer emotional support and practical information to victims of crime. Appointments made by phone only.</p>