



Keep in touch with Clifton Diocese

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## Mental Health Awareness Week

We have lots of information and some great resources for safeguarding on our website: [www.cliftondiocese.com/departments/safeguarding](http://www.cliftondiocese.com/departments/safeguarding)

Mental Health Awareness week is recognised throughout the country on an annual basis. At this, more than most, people's mental health is a major source of concern due to the current situation involving Covid 19. People are facing new and varied challenges, and even the most stoic may feel a little 'wobbly' now and then. Whether this is a personal situation or you are supporting a friend or family member, or maybe feeling helpless in your fear for another, there are still people and places to go to for help.

Please find below some contacts that may assist you or those you are about:

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The Samaritans are there to talk to 24 hrs a day on 116 123. They can also be contacted by email on [Jo@samaritans.org](mailto:Jo@samaritans.org) which will respond within 24 hrs. they also encourage letter writing as writing a letter can help you identify your concerns and better understand them. The postal address is Chris, Freepost RSRB-KKBY-CYJK, Po Box 9090, Stirling FK82SA [www.samaritans.org](http://www.samaritans.org)

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It is not surprising that people may be feeling anxious, but for some people that anxiety may feel quite overwhelming, again there is help available; [Anxiety UK - National charity helping people with Anxiety](https://www.anxietyuk.org.uk) <https://www.anxietyuk.org.uk>

The UK's leading user-led **anxiety** charity, **Anxiety UK**, has reported the prospect of lifting or easing of COVID-19 restrictions. Anxiety UK is a national registered charity formed in 1970, by someone living with agoraphobia, for those affected by **anxiety**, stress and **anxiety**-based depression

<b>Helpline:</b>	03444	775	774
<b>Text Service:</b>	07537	416	905

There's also a live chat capacity online.

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This briefing explores the ideas of collective trauma and healing, and what the process of recovery may look like. The briefing can be downloaded for free from here:

<https://www.centreformentalhealth.org.uk/trauma-mental-health-and-coronavirus>

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**Christian Meditation for Children**

The Catholic Children's Society (Westminster) and the World Community for Christian Meditation are producing videos on Christian Meditation for primary aged children and secondary aged pupils on weekdays. In these difficult times of Covid 19, it is with a mind to look after the spiritual well-being of children and young people that we have produced these. To view the videos and see more information, please visit:

[https://www.youtube.com/channel/UC6Cb5LrAIU7\\_MPTRDMUBcvQ](https://www.youtube.com/channel/UC6Cb5LrAIU7_MPTRDMUBcvQ).

<https://www.time-to-change.org.uk/>

Is a useful site as it has lots of tips for supporting someone, personal stories, explanations of different mental health categories, myth busting facts and material and resources for promoting 'time to talk day'.

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# Sands



Stillbirth & neonatal death charity

SANDS stillborn and neonatal death charity

They have a website -<https://www.sands.org.uk>

A helpline 0808 164 3332 and an email helpline, [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

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## **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

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**CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

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**Men's**

**Health**

**Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

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**Mental**

**Health**

**Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

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**Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

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### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

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### **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

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## **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

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## **PAPYRUS**

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

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**Rethink  
Mental  
Illness.**



## **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

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## **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

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# YOUNG Mi MINDS

## YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

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# childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](http://childline.org.uk) | 0800 1111

## Childline

There to talk though all sorts of worries. Tel 0800 1111

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The Clifton Diocese Safeguarding Team are still able to operate well from their homes and remain here to help. We can pick up messages left on our office phone, 0117 954 0993 or email us on [Safeguarding@Cliftondiocese.com](mailto:Safeguarding@Cliftondiocese.com)

Recognise, React, Respond and Report.

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