

Overview of Worcestershire Services

Support for Recovery

West Mercia Women's Aid

Worcestershire Domestic Abuse Helpline

Telephone **0800 980 3331** (Male & Female)

Independent Domestic Violence Advisors (IDVA's) – supporting High Risk victims

Delivering Support & Empowerment Groups / Programmes:

- Freedom (12 weeks)
- Power to change (12 weeks)
- Recovery Toolkit (12 weeks)
- Parenting (12 weeks)
- Helping Hands (5-11 yrs.)
- 1:1 supporting children in refuge
- Survivor Network
- All programmes can be accessed via the helpline

Worcestershire Male Domestic Abuse Helpline

Telephone **0800 014 9082**

Operating: **Tuesday's 11am-3pm**

Referral email: **male.support@rooftopgroup.org**

Secure Email: **male.support@rooftop.cjsm.net**

The helpline deals with any queries from men who have or are experiencing domestic abuse, or from those who may be worried about someone experiencing it. Outside of the above hours the voicemail service will be regularly monitored and responded to. If in need of immediate danger/ support telephone **999** or **101** Or if you are in need of immediate Domestic Abuse Support, please telephone **0800 980 3331**

Mankind Initiative

Telephone helpline **01823 334244**

Website: **www.mankind.org.uk**

Our confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner).

Women's Aid and Rooftop Housing Group

- Refuge & Safe house provision
- 1:1 support for males and females
- Male recovery programme
- Male support worker

To make a referral email **male.support@rooftopgroup**

The DAWN project – Worcester

Working in collaboration with SupportWorks Foundation, provides telephone, email and face to face support, safety planning, home security (including referrals for additional security), 1:1 emotional support, housing and benefits advocacy and support, advocacy and support at family and criminal courts and support with social care.

Delivering:

- The Freedom Programme (Group and 1:1)
- Freedom & Beyond (part 1)
- Freedom & Beyond (part 2)

To make a referral email **dawn@worcestercommunitytrust.org.uk**

JOY - Worcester

A women only community project providing support, enabling new skills, empowerment, confidence and resilience in a safe environment.

- Peer group support networks
- 1:1 support

Also delivering:

- Accredited and non-accredited courses
- Mentoring
- Support into volunteering

Email: joy@worcestercommunityfirst.org.uk

Website www.worcestercommunitytrust.org.uk/wct-in-action/joy

Supportworks Foundation

Working in collaboration with The Dawn Project and Sandycroft Centre.

Delivering:

- Freedom Programme
- Freedom & Beyond (part 1 & 2)
- Has a survivor support network

Worcestershire Children's First – Groups for Parents

Parenting groups and programmes provide an opportunity for groups of parents to come together, share their experiences and receive knowledge, skills and advice to help them as a parent. To find out more visit their website

https://www.worcestershire.gov.uk/info/20643/advice_and_guidance_for_families_early_help/1330/groups_for_parents

Early help in Worcestershire

If you are experiencing difficulties in your family or are worried about your children, there are people who can offer help and support. Difficulties could be for example:

- mental health problems
- domestic abuse at home
- drug or alcohol dependency
- your child starting school
- debt problems
- housing problems

To find out more visit their website

https://www.worcestershire.gov.uk/info/20642/early_help_family_support

Sandycroft Centre – Redditch

Providing 1:1 support, weekly groups, counselling & wellbeing services to help deal with domestic abuse.

Working collaboratively with Support Works to deliver:

- The Freedom Programme
- Freedom & Beyond (part 1 & 2) Also delivers:
- CRUSH programme for young people
- Peer mentor Group

Email info@sandycroft.org

Inspire Community Training

Address Studio 7, Winyates Craft Centre, Fownhope Close, Redditch, B98 0LA

- Freedom Programme
- Progression courses
- Counselling

Telephone **01527 529265**

Email **karen_inspire@live.co.uk**

Website **<https://inspiretraining.weebly.com>**

Facebook: **www.facebook.com/inspire.winyates**

Victim Support

Providing support to victims of domestic abuse through 3.5 Independent Victim Advocates (IVA's)

- Telephone support, 1:1 support to medium / standard risks
- Information provision / signposting for victims (victims' rights / victim's code)
- Home security advice / support
- Housing support / liaison
- 1:1 Emotional support
- Visual Evidence to Victims (VEV) –Coordination and oversight of scheme

Telephone **01905 726896**

National Support line Telephone **0808 168 9111**

Email **hw@victimsupport.org.uk**

West Mercia Police Support for victims and witnesses of crime

If you've witnessed or been the victim of crime, it's natural to feel a little overwhelmed. But help and support is available to get you back on your feet and guide you through the investigation process. Here, you'll find the guidelines we follow to make sure we're offering the best possible care, and where you can turn for further support.

Website

<https://www.westmercia.police.uk/advice/advice-and-information/wvs/victim-and-witness-support/>

Citizens Advice Witness Service

Provides support in advance of a trial in the form of outreach visits, pre-trial visits to the court to help prepare witnesses to give evidence and what to expect. Provides a secure place for witnesses to wait and emotional support.

Telephone **0300 3321 000**

Website **www.citizensadvice.org.uk**

Video Going to court - a step by step guide to being a witness – website

www.youtube.com/watch?v=aUOc0Sa1WMM

Cranstoun Worcestershire - Alcohol and Drug recovery service

Across Worcestershire they provide community-based alcohol, drugs and support services for both adults, young people and families.

Telephone **0300 303 8200**

Email referrals to **cranstounworcsreferrals@cranstoun.org.uk**

Secure email for partners: **cranstounworcsreferrals@cranstoun.org.uk.cjism.net**

West Mercia Rape and Sexual Abuse Support Centre (WMRSASC)

WMRSASC is a free, confidential and non-judgemental support service for survivors (Men, Women and Children) who have experienced rape, assault, incest, sexual abuse, sexual harassment or any form of sexual attack, whether physical, verbal or emotional from 5yrs upwards.

Providing:

- Independent Sexual Violence Advisory Service (ISVA) – Men / Women (18+)
- Family Independent Sexual Violence Advisors
- Children and Young People Service
- Children and YP Sexual Violence Advisors
- (+5 to 18yrs)
- Children's Counselling
- Pre-trial therapy / Sexual Violence counselling
- Educational / Prevention Programmes:
- Sexualisation Exploitation Love Friendship Information Empowerment - SELFIE project 11-25yrs (in groups or 1:1)
- SELFIE plus – Primary Schools / Community Groups (Adults / Professionals)

Telephone helpline: **01905 724514**

Website **www.wmrsasc.org.uk**

Email **office@wmrsasc.org.uk**

The Branch Project

The Branch project works with children and young people who have experienced Child Sexual Exploitation (CSE) or are worried about it. CSE is a type of child abuse that happens when a young person is encouraged, or forced, to take part in sexual activity in exchange for something. The reward might be presents, money, alcohol or simply just the promise of love and affection.

To make a referral telephone **01905 611655** or email **branch@wmrsasc.org.uk**

Sexual Assault Referral Centre (SARC) – The Glade

The Glade offers a free and confidential service to men, women and children who have been victims of rape or sexual assault. Where appropriate clients will be offered a forensic medical examination to gather evidence, advice about pregnancy and sexual health, medication and where appropriate, referral for ongoing and long-term support and/or to the clients GP and counselling. Counselling is available to men, women and children who have been victims of rape or sexual assault.

For 18yrs + Telephone **01886 833555**

Website **www.theglade.org.uk**

For 0-18yrs West Midlands Paediatric Sexual Assault Service (including counselling)

Telephone **0800 953 4133**

24hr Self-referral number **0808 178 2058**

QualitySolicitors Parkinson Wright - Domestic Abuse drop in centre

If you are suffering from Domestic Abuse and need someone to talk to for advice, QualitySolicitors Parkinson Wright has a designated Domestic Abuse Team led by Suzanne Oldnall. Suzanne and her team provide legal advice and support including emergency protection orders in relation to both adults and children in Worcester, Droitwich, Kidderminster, Redditch, Evesham and surrounding areas of Worcestershire. They also have a Domestic Abuse Drop-in Centre at Haswell House, St Nicholas, **Monday - Friday 9:30am -12pm** You do not need to make an appointment.

Contact Suzanne Oldnall **01905 721 600**

Other Solicitors are available to provide legal advice and support services

The National Centre for Domestic Violence (NCDV)

The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

To make a referral telephone **0207 186 8270** or **0800 970 2070** and Press option 1:

Information about getting an injunction, send the National Centre for Domestic Violence a text. **Text NCDV to 60777** and they will call back. All other enquiries contact administration on telephone **0207 186 8270** press option 2

Website **www.ncdv.org.uk**

RSPCA Pet Retreat

RSPCA PetRetreat is a vital and unique service that helps women, men and children fleeing domestic abuse, by providing temporary foster care for pets so their owners can leave their abuser and find a safe home. Family pets are often used as a tool to manipulate and control victims of domestic abuse and one of the reasons why some individuals do not leave their abusive partners and retreat to the safety of a refuge is due to the fear of leaving their family pets behind.

Telephone **0300 123 8278**

Email **petretreat@rspca.org.uk**

Website **www.rspca-petretreat.com**

Paws Protect - Cat Fostering Service

Paws Protect is a Cats Protection's pet fostering service for families fleeing domestic abuse. Through a network of cat fosterers, the service provides a retreat for pets of those going into a refuge until the owner has a safe place to live, when they can be reunited.

Website <https://worcester.cats.org.uk/worcester>

The Dogs Trust

From caring for a homeless hound until we find their forever home through our Home from Home scheme, to fostering a dog belonging to a family fleeing domestic abuse until they can be reunited through our Freedom Project - dogs across the UK need your help. Visit the website for more information.

Website **www.dogstrust.org.uk/rehoming/fostering**

Dogs Trust Evesham

Telephone **07920658661** or **01386 835848** to speak to Sarah

Email **hfhevesham@dogstrust.org.uk**

Dogs Trust Shrewsbury

Telephone **07920658662** or **01952 771417** to speak to Vickie

Email **hfhshrewsbury@dogstrust.org.uk**

Relate Worcestershire - The Relationship People

Provision of relationship counselling across the county of Worcestershire and in Hereford.

Delivering:

- Couple Counselling
- Individual Counselling
- Children and Young People's Counselling
- Family Counselling
- Psycho Sexual Therapy and Sex Addiction Therapy

Email **reception@relate-worcestershire.org**

Website **www.relate.org.uk/worcestershire**

Telephone **01905 28051**

National Centre for Domestic Violence

Provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

Telephone **0800 970 2070**

Website **www.ncdv.org.uk**

Childline

ChildLine is the UK's free, confidential helpline dedicated to children and young people. Whenever children need us, ChildLine will be there for them - 24 hours a day, 7 days a week, 365 days per year.

Telephone freephone **0800 1111**

Website **www.childline.org.uk**

Paladin (National Stalking Advocacy Service)

Paladin assists high risk victims of stalking throughout England and Wales. A number of Independent Stalking Advocacy Caseworkers (ISACs) ensure high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.

Telephone **0203 866 4107**

Website **www.paladinservice.co.uk**

National Stalking Helpline

The Helpline provides guidance and information to anybody who is currently or has previously been affected by harassment or stalking. The Helpline can provide guidance on:

- The law in relation to stalking and harassment in the United Kingdom
- Reporting stalking or harassment
- Effective gathering of evidence
- Ensuring your personal safety and that of your friends and family
- Practical steps to reduce the risk

Telephone **0808 802 0300**

Website **www.stalkinghelpline.org**

Men's Advice Line

Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). They help by, giving you time to tell your story; offering emotional support; providing practical advice; signposting you to other services for specialist help.

Telephone **0808 801 0327**

Website **www.mensadviceline.org.uk**

Stop it now

Stop it Now! UK and Ireland is a child sexual abuse prevention campaign and Helpline. It is run by the Lucy Faithfull Foundation, the only UK-wide child protection charity dedicated solely to reducing the risk of children being sexually abused. They support adults to play their part in prevention through providing sound information, educating members of the public, training those who work with children and families and running our Freephone confidential Helpline.

Telephone helpline **0800 1000 900**

Website **www.stopitnow.org.uk**

Karma Nirvana

Providing support and advice around Forced Marriage and Honour Based Violence, including Female Genital Mutilation (FGM). Karma Nirvana believes that cultural acceptance does not mean accepting the unacceptable and acknowledges that often there remains a lack of professional confidence. Our work equips professionals so that they do not fear offending communities when tackling forced marriages and honour related abuse as we deal with these abuses within a Child and Public Protection framework. One of our key principles is that we never talk to or engage with your family. Our commitment and loyalty is to you and as we understand the fears when family members become involved.

Telephone **0800 5999 247**

Website **www.karmanirvana.org.uk**

Forced Marriage Unit

The Forced Marriage Unit (FMU) is a joint Foreign and Commonwealth Office and Home Office unit which leads on the government's forced marriage policy, outreach and casework. It operates both inside the UK (where support is provided to any individual) and overseas (where consular assistance is provided to British nationals, including dual nationals). The FMU operates a public helpline to provide advice and support to victims of forced marriage as well as to professionals dealing with cases. The assistance provided ranges from safety advice, through to helping a forced marriage victim prevent their unwanted spouse moving to the UK ('reluctant sponsor' cases). In extreme circumstances the FMU will assist with rescues of victims held against their will overseas. It is also possible for victims or those at risk to apply for a Forced Marriage Protection Order (FMPO). As a civil law measure, an application for a FMPO would be made in the family court. Read guidance from the Ministry of Justice on taking out an FMPO

Website **www.gov.uk/guidance/forced-marriage**

Telephone **020 7008 0151**

Email **fmu@fco.gov.uk**

CEOP (Child Exploitation Online Protection centre)

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Website **www.ceop.police.uk/safety-centre**

Making a report **ceop.police.uk/CEOP-Reporting/**

National LGBT Domestic Abuse helpline

Support for lesbian, gay, bisexual and transgender people experiencing domestic abuse.

Telephone **0300 999 5428**

Email **help@galop.org.uk**

Polish Domestic Violence Helpline

Free helpline for Polish people who live in the UK and experience domestic abuse.

Telephone **0800 061 4004**

Email **info@polishdvhelpline.org**

Website **www.polishdvhelpline.org**

Muslim Women's Network

Cultural Barriers

Asian / Muslim women face additional cultural barriers that prevent them from seeking help such as fear of dishonouring family, shame, stigma, taboo and being rejected by the community. Also, women in these communities are expected to suffer in silence.

Telephone **0800 999 5786 (10am - 4pm, Mon – Fri)**

Email **info@mwnhelpline.co.uk**

Website **www.mwnhelpline.co.uk**

Text **07415 206 936**

Respect

Information and advice to Frontline Workers. The Respect Phonenumber offers information and advice to frontline workers who work with domestic violence perpetrators. A confidential and anonymous helpline for anyone concerned about their (Male) violence and/or abuse towards a partner or ex-partner.

Telephone **0808 802 4040**

Email info@respectphonenumber.org.uk

Website www.respectphonenumber.org.uk/help-information/frontline-workers-and-domestic-violence-perpetrators

Support for Armed Services

Army - Personal support provide accessible, independent, confidential and professional specialist welfare services to serving soldiers and their families with any personal or family difficulty:

Telephone **01904 882053**

Royal Navy & Royal Marines - The Naval Service Family and People Support (NS FPS) (formerly Royal Navy and Royal Marines Welfare) team offer confidential advice and support, including in relation to domestic abuse, sexual violence and stalking. You can speak to one of their highly trained staff by calling:

Telephone **023 9272 8777**

General - SSAFA provides support to anyone who is currently serving, or has ever served, and their families including those experiencing domestic abuse. Their 'Stepping Stones' homes are a safe place to stay for women and their children:

Telephone **0800 731 4880**

The Lucy Faithfull Foundation

The Lucy Faithfull Foundation is the only UK-wide child protection charity dedicated solely to preventing child sexual abuse. They work with entire families that have been affected by sexual abuse including young people with inappropriate sexual behaviours; adult male and female sexual abusers; victims of abuse and other family members.

STOP IT NOW! CONFIDENTIAL HELPLINE Telephone **0808 1000 900**

Website www.lucyfaithfull.org.uk

Modern Slavery Helpline and Resource Centre

The Modern Slavery Helpline and Resource Centre brings us closer to the eradication of modern slavery. It provides victims, the public, statutory agencies and businesses access to information and support on a 24/7 basis. Download the Modern Slavery App at www.modernslaveryhelpline.org/about/unseen-app

Telephone **08000 121 700**

Website www.modernslaveryhelpline.org

Surviving Economic Abuse

Many victims experience economic abuse within the context of intimate partner violence. It limits their choices and ability to access safety. Surviving Economic Abuse (SEA) is the only UK charity dedicated to raising awareness of and transforming responses to economic abuse. It provides a useful resources section on their website including guidance around Universal credit / Job Seekers allowance, grants, the domestic violence easement, Destitute domestic violence concession and the UK finance code of practice on financial abuse.

Website www.survivingeconomicabuse.org

The Victim Advice Line

The Victim Advice Line is a free and confidential support service for those affected by crime

Telephone **0800 952 3000**

Online chat – this option, which can be found on this website, allows you to talk to one of our care coordinators if it's not possible, or convenient, to talk on the phone

Website www.victimadviceline.org.uk

Email info@victimadviceline.org.uk

Opening Hours: **8am - 8pm Monday - Friday and 9am - 5pm Saturdays**

Worcestershire - Education / Prevention Schemes

West Mercia Women's Aid

The GREAT Project - Good Relationships are Equal and Trusting is a healthy relationship programme for 10-11 year olds in schools

Email sian@westmerciawomensaid.org.uk

Helping Hands 6-12yrs

Targeted group work with young people experiencing domestic abuse around protective factors

Email sian@westmerciawomensaid.org.uk

CRUSH 13-19 years

Group work in schools. Anyone at risk of domestic abuse, anyone exhibiting abusive behaviours or who has witnessed domestic abuse.

Email: sian@westmerciawomensaid.org.uk

Awareness training around the impact of domestic abuse on children for professionals

Email sian@westmerciawomensaid.org.uk

Black, Asian and Minority Ethnic (BAME) Domestic Abuse Support Project

Coordinated by public health and delivered by West Mercia Women's Aid and Rooftop Housing Group. Aims to increase awareness of domestic abuse and engagement with support among BME communities. Undertaking research to identify barriers to services. Delivering series of professional workshops and specialist 1-2-1 support for BME victims with housing or complex needs and male victims.

Email general@wmwa.org.uk

Referral to support via WMWA Telephone helpline **0800 980 3331**

A Call to Men UK

Respect 100% Healthy Relationship Programme for Boys 11+, Respect 100% Healthy Relationships Programme for young people (Girls & Boys) 11+

The mixed programme is delivered by Call to MenUK with Support Works All programmes are aimed at schools, colleges and professionals working with Young People

Email info@acalltomenuk.org.uk

Website www.acalltomenuk.org.uk

Wyre Forest & Hagley Project (WHP)

Respectful relationships programme ages 5-11

A 1:1 programme for children and their parents/carers who have experienced or witnessed domestic abuse. It includes how to stay safe, accessing appropriate specialist support services, work around the impact of the abuse and strengthening positive relationships. This work is done with families who are receiving WHP service through early intervention family support in local primary schools.

Email whp@continuo.org.uk

Starting Well Partnership

Supporting families, parents, children and young people across Worcestershire to lead happy, healthy and fulfilled lives.

Website www.startingwellworcs.nhs.uk

Find your nearest family hub www.startingwellworcs.nhs.uk/FamilyHubs

Warwickshire & West Mercia Community Rehabilitation Company (CRC)

Deliver a Court mandated Perpetrator Programme called "Building Better Relationships" (BBR)

An Accredited group and 1:1 programme for male offenders (24 weeks group sessions, 6 1:1 sessions)

BBR can be a requirement of a court community order or suspended sentence order. It's always accompanied by a supervision order.

Website www.wwmcrc.co.uk

Sex Offender Disclosure Scheme (Sarah's Law)

The scheme allows members of the public - parents, carers, guardians or interested third parties - to ask the police to tell them about a person's record of child sex offences if they are concerned about that person's access to a child.

Find out more visit www.worcestershire.gov.uk/domesticabuse

The Drive Project

The Drive Project is a new response to domestic abuse. It aims to reduce the number of child and adult victims of domestic abuse by deterring perpetrator behaviour. Drive provides a case manager who acts as a single point of contact for perpetrators.

Liaising closely with local police and support agencies, caseworkers deploy a two-pronged attack of disruption through the criminal justice system and/or support for unresolved personal issues to stop domestic abuse.

The Drive Project pilot focuses on priority (high-risk or serial) perpetrators, as this group carries the greatest risk of serious harm and engage poorly with available services.

Referrals to Drive either come from MARAC via partner agencies or directly from the police.

Website <https://www.cranstoun.org/services/domestic-abuse/drive-worcestershire/>

West Mercia and Warwickshire Integrated Offender Management (IOM)

A multi-agency approach to tackling persistent offenders who commit a lot of crime, causing damage and nuisance to communities. This includes serial domestic abuse perpetrators. The approach recognises that repeat offenders have multiple problems which contribute to their offending which cannot be addressed by a single agency.

Website <https://www.wwmcrc.co.uk/page.php?Plv=3&P1=5&P2=20&P3=8>

Domestic Violence Disclosure Scheme (Clare's Law)

This gives members of the public a formal mechanism to make enquires about an individual who they are in a relationship with, or in relation to a person who is in a relationship with someone they know, where there is a concern that the individual may be violent towards their partner.

This information may be disclosed via a request from a member of the public ("right to ask") or by an agency where a proactive decision is made to consider disclosing the information in order to protect a potential victim ("right to know"). Find out more visit our website www.worcestershire.gov.uk/domesticabuse

Domestic Violence Protection Order (DVPO)

DVPOs are a civil order that can be applied for by the police and granted by a magistrate. If granted, the order will immediately ban the perpetrator from returning to a residence and from having contact with the victim for up to 14-28 days. This period of time allows the victim the opportunity to consider their options and allows agencies to provide intensive support to the victim / family. This Protection Order does NOT need the consent of the victim. A breach will result in the perpetrator being arrested. These Orders can be used proactively and you don't have to wait for the offender to commit another offence.

Find out more by visiting our website www.worcestershire.gov.uk/domesticabuse

Hereford and Worcester Fire and Rescue Service

If you would like to discuss any concerns around fire safety please contact us for advice.

Home Fire Safety Check:

A Home Fire Safety Check is a visit to a person's home where we will offer fire safety advice to keep the individual/ family safe. We can install smoke alarms, protective letter boxes where needed, and will discuss an escape plan specific to the home and circumstances. We are committed to safeguarding victims of abuse.

Telephone **0800 032 1155**

Hollie Guard APP

A free app for smartphones has been designed to protect both men and women from possible danger. Hollie Guard turns your smartphone into an advanced personal safety device at the touch of a button. If in danger simply shake your phone to generate an alert, your location, audio and video evidence of the incident will automatically be sent to your emergency contact via text and email. Shake it again and it sends out a high-pitched alarm and the flash starts to strobe, in order to attract maximum attention.

From the moment Hollie Guard is activated, your location is tracked and can be viewed in real time by your emergency contact. Evidence is not stored on the smartphone but on secure servers so that it can be used as future as evidence. Hollie Guard also contains many other features.

Website <http://hollieguard.com>

Bright Sky App

Bright Sky is a free app providing support and information for anyone who may be in an abusive relationship, or those who are concerned about someone they know. You can download Bright Sky for free on both iOS and Android devices on the App Store and Google Play Store.

The app features: A unique UK-wide directory of specialist domestic abuse support services, where users can contact their nearest service by phone from the app, searching by area name, postcode or their current location. A secure My Journal tool, where incidents of abuse can be logged in text, audio, video or photo form, without any of the content being saved on the device itself. Questionnaires to assess the safety of a relationship, plus a section on dispelling myths around domestic and sexual abuse

Website www.hestia.org/brightsky

North Worcestershire Community Safety Partnership

The Community Safety Partnership delivers the Crush program within the schools in Redditch and Bromsgrove, to find out which schools the program is being delivered in, or if you have a young person you would like to refer into the program, please email the community safety partnership at:

Email CommunitySafety@bromsgroveandredditch.gov.uk or telephone **01527 534187** to obtain further information or get a referral form. In certain circumstances where young people don't feel this work can be undertaken in a group setting, we will offer 1-1 sessions for young people.

Harmony at Home - Reducing Parental Conflict

Harmony at Home is Worcestershire's approach to the Reducing Parental Conflict (RPC) initiative in partnership with the Department for Work and Pensions (DWP) and organisations from our multi-agency Reference group. Parental conflict, which can range from a lack of warmth and emotional distance, right through to swearing and shouting, is known to be a risk factor for poor child outcomes, particularly when conflict is frequent, intense and poorly resolved. There is growing understanding and awareness of the need to address and reduce parental conflict that sits below a domestic abuse or violence threshold.

Website www.worcestershire.gov.uk/harmonyathome

Worcestershire - Health & Well-Being

Worcester Samaritans

Worcester Samaritans offer time and space, in complete confidence, for people to express their feelings, helping them to talk through their options and find a way to face the future. We are not a religious or political organisation. We listen, we don't judge and we don't offer advice.

We also visit schools and prisons to give people the chance to talk. They cover the county from Broadway to Tenbury Wells including Redditch, Bromsgrove, Droitwich, Pershore, Evesham, Malvern, Upton upon Severn, Bewdley, Stourport, Kidderminster, and all the rural villages and communities in between.

Website www.samaritans.org/branches/worcester-samaritans

Telephone **01905 21121**

Worcestershire Healthy Minds

Provide support for people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression. We are a free, confidential service offering a range of talking therapies and support including short courses, online therapies, and self-help guides. To access the service, you must be aged 16 or over and registered with a GP in Worcestershire. You can self-refer by either calling Telephone **0300 302 13 13** or completing an online referral form via the website <https://www.hacw.nhs.uk/about-healthy-minds/>

Survivors of Bereavement by Suicide

Aims to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, thus giving and gaining support from each other.

Telephone **0300 111 5065** or **07811 172767** or email sobs.support@hotmail.com

Silver Line

A free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Telephone **0800 470 8090**

PAPYRUS (Prevention of young suicide)

Is a confidential support and advice service for

- Young people under the age of 35 who may be having thoughts of suicide
- Anyone concerned a young person may be having thoughts of suicide.

Website www.papyrus-uk.org

Telephone **0800 068 41 41**

Text **07786209697**

Support after Suicide Partnership

A network of organisations that support people who have been bereaved or affected by suicide.

Website <http://supportaftersuicide.org.uk/>

Worcestershire Suicide Prevention Website

This site provides a wealth of information around supporting people who may be considering suicide, links to established websites of specialist support services, how to start a conversation with someone and vital information to families affected or bereaved by suicide.

Website www.worcestershire.gov.uk/info/20627/suicide_prevention

Young Minds

Our Parents Helpline is available to offer advice to anyone worried about a child or young person under 25. You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

Website www.youngminds.org.uk

Parents telephone helpline **0808 802 5544**

MIND – For better mental health

For local centres of support visit:

Website www.mind.org.uk/about-us/local-minds

Telephone **0300 123 3393**

Text **86463**