

Who can help with mental health?

Worcestershire Mental Health Resource Directory





Wellness Works

Promoting well-being
in the workplace

Who can help with mental health?

Mental health problems are common. In any one year 1 in 4 British adults experience at least one diagnosable mental health problem. (ONS 2000)

This directory has been updated from one originally developed by what was the Worcestershire Mental Health Partnership Trust and Wellness Works to provide you with information on the support available in Worcestershire.

Resources come in all shapes and sizes and different approaches suit different people.

Whilst we have listed a number of resources here, if you have any doubt at all about your mental health, please check with your GP.

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Who can help in a hurry...

- **Accident and Emergency 24-hours:**
Alexandra Hospital
☎ **01527 503 030**

Worcestershire Royal Hospital
☎ **01905 763 333**
- **Childline:**
for anyone up to 18 years old who is in distress
☎ **0800 1111**
- **Drinkline:**
for alcohol worries about yourself or another
☎ **0800 917 8282**
- **Elder Abuse Response:**
for those worried by the abuse of older people
☎ **0808 808 8141**
- **Frank:**
for those worried about drug and solvent abuse
☎ **0800 77 66 00**
- **Missing Persons Helpline:**
for those with missing relatives
☎ **0500 700 700**
- **National Debtline:**
for anyone worried about debt problems
☎ **0808 808 4000**
- **National Domestic Violence Helpline:**
Support for abused women
☎ **0808 2000 247**
- **NHS Direct:**
confidential health information
☎ **0845 4647**
- **Parentline Plus:**
support for anyone in a parenting role
☎ **0808 800 2222**
- **Samaritans:**
emotional support for anyone in crisis
☎ **08457 90 90 90**

Addiction

Al-Anon

Group support for anyone whose life is, or has been, affected by someone else's drinking, National - with local groups, 24 hours a day, 7 days a week

☎ 02074 030888

www.al-anonuk.org.uk

Alcoholics Anonymous

Support for people who have problems with alcohol

☎ 0845 769 7555

www.alcoholics-anonymous.org.uk

Allen Carr's easy way to stop smoking

Stop Smoking clinic

☎ 01684 569386

☎ 0800 389 2115

www.allencarrseasyway.co.uk/

Centrum Pomocy

Help Centre dealing with addiction problems for members of the Polish Community

☎ 07523 216505

www.piekarczyk.co.uk/language/pl/

Friends Meeting House, Sansome Place, Worcester, WR1 1UG

DAAT

Online information about drug and alcohol and related support

www.worcestershire-daat.org.uk

Drinkaware

Information and advice promoting sensible drinking

www.drinkaware.co.uk

Drug Concern

Drugs advice and information for parents and children

☎ 0845 120 3745

www.drugconcern.com/home.asp

FRANK

Advice and information about drugs

☎ 0800 776600

www.talktofrank.com

Gamcare

Advice for anyone affected by gambling

☎ 0845 6000 133

www.gamcare.org.uk

Narcotics Anonymous

A fellowship for men and women for whom drugs have become a major problem

☎ 02077 300009

www.ukna.org/

PAD (Parents & Partners Against Drugs)

Peer Support for families affected by drugs

☎ 01386 860338

www.padworcester.co.uk

Pathways to Recovery

An integrated and comprehensive drug and alcohol recovery programme for adults and young people in Worcestershire

☎ 0808 178 3295

www.cri.org.uk/worcs

6 Shaw St, Worcester, WR1 3QQ

Pressure Point

Support for people affected by the alcohol and drug use of others

☎ 0800 652 9664

www.turningpoint.co.uk

Pressure Point Family Project

Support for family members and friends coping with someone else's drug or alcohol use

☎ 800 652 9664

Quitline

The independent charity helping smokers to stop

☎ 0800 002200

www.quit.org.uk

SAFE

(Substance Abuse Family & Friends Enterprise)

Peer support for people affected by someone else's drug or alcohol use

☎ 07938 382498

email: safe-@hotmail.co.uk

Smokefree Helpline

Advice and encouragement from trained NHS advisors

☎ 0800 022 4322

www.smokefree.nhs.uk

SPACE

Worcestershire's Young People's Drug and Alcohol Service (part of Pathways to Recovery), providing information, advice and support

☎ 0800 169 6064

6 Shaw St, Worcester, WR1 3QQ

Stop Smoking

Smoking Cessation Worcester PCT

☎ 01905 760028

www.nhs.uk/gosmokefree

Worcestershire Community Alcohol Team

Support for people affected by alcohol related issues

☎ 01905 729400

www.wasa.org.uk



Bereavement

Cruse Bereavement Care

Bereavement care, counselling and support through telephone helpline, individual counselling and supportive group work

☎ Worcester: 01905 22223
☎ Redditch: 01527 540774
☎ 01527 584141
☎ 0844 477 9400

www.crusebereavementcare.org.uk

35 Hollowfields Close,
Southcrest, Redditch,
Worcestershire, B98 7NR

Miscarriage Association

Support for women who have suffered miscarriages

☎ 01924 200799
www.miscarriageassociation.org.uk

Parents Experiencing Adult Loss

Offers various types of counselling to those bereaved of a child or of a sibling that is over 16 years of age

☎ 01905 723001
www.pealcentre.org.uk

St Swithin's Institute, The Trinity,
Worcester, WR1 2PN

The Compassionate Friends

Support for parents on the death of a child at any age

☎ 01684 569386
☎ 0845 123 2304
www.tcf.org.uk



Community First

Building better communities

in Herefordshire & Worcestershire

We help create sustainable communities and thriving organisations

If you are a voluntary group, registered charity, budding social enterprise or active community in Herefordshire and Worcestershire, find out how you might benefit from membership.

Our vision is one where strong, diverse, vibrant, inclusive and well equipped community groups and voluntary organisations empower people to address the changing needs of their own communities.

**Community First, Malvern View,
Willow End Park, Blackmore Park Road,
Malvern, WR13 6NN**

**T: 01684 312730 F: 01684 311278
email: info@comfirst.org.uk
Web: www.comfirst.org.uk**

asha
women's centre
developing women's resources

Offers access to resources to help women find a route out of, disadvantage, isolation and social exclusion that will empower them to achieve potential.

Integrated support plan encompassing individual support, Specialist Groups.

Skills Development, Accredited courses, Social & Recreational activities.

10 Bath Road, Worcester, WR5 3EJ
01905 767552
www.ashawomen.org.uk

Care Farms

Acton Mill Care Farm

Rural learning opportunities and experiences for people of all ages and abilities

☎ 07730 217482

☎ 07929 102338

www.actonmillcarefarm.co.uk

Acton Mill Farm, Suckley,
Worcestershire, QR6 5EJ

Ashfield Garden

Working successfully with people who have learning disabilities, largely through land based residential facilities

☎ 01562 700350

Sugarloaf Lane, Kidderminster,
Worcs, DY10 3PB

Brambles Living Farm

Care farming and animal assisted therapy for people with special needs

☎ 01694 833336

www.livingfarm.co.uk/

Bowling Green Farm,
Castlemorton Common,
Nr Malvern, Worcs, WR13 5EG

Care Farming West Midlands

Social Enterprise providing support, advice and guidance to a network of approx 50 Care Farms

☎ 01905 622218

☎ 07851 218513

www.carefarmingwm.org.uk

Fold Care Farm

Growing back to health with ecotherapy in horticultural production

☎ 01886 833922

www.thefold.org.uk

The Fold, New House Farm,
Bransford Worcester WR6 5JB

Gloverspiece Mini Farm

Offering people with mental health issues a therapeutic benefit from engaging with animals

☎ 07918 026036

[www.gloverspiece](http://www.gloverspiece.minifarm.co.uk)

[minifarm.co.uk](http://www.minifarm.co.uk)

66 Little Hill, Droitwich Spa,
Worcs, WR9 0RQ

Longlands

Providing care and support in the context of meaningful work to help vulnerable people

☎ 07800 770698

www.longlandscarefarm.co.uk

Longlands Care Farm, Whitbourne,
Worcestershire, WR6 5SG

Nineveh Ridge

Working care farm providing a carefully supported environment for people to grow

☎ 01299 832 864

[www.ninevehridge](http://www.ninevehridge.carefarm.org.uk/)

[carefarm.org.uk/](http://www.carefarm.org.uk/)
Bayton, Worcs, DY14 9AL



The Good Soil Project

Social enterprise set up with the objective of helping people to become healthy and independent adults through land-based and 'outdoor' projects

☎ 07809 603756

www.topbarn.co.uk/

Top Barn, Holt Heath, Worcs,
WR6 6NH

Unclyls

Providing land-based activities to help people recover from mental health difficulties

☎ 01684 569386

www.unclyls.co.uk

Unclyls, Tanners Hill, Bewdley,
Worcestershire, DY12 2LR

Wildgoose Rural Training

Friendly environment where looking after animals and cooking in the specially built teaching kitchen are available to farm helpers

☎ 01905 620 840

[www.wildgoose](http://www.wildgoose.ruraltraining.org)

[ruraltraining.org](http://www.ruraltraining.org)
Top Barn, Holt Heath, Worcs,
WR6 6NH

Care Farming – what does this mean?

Care farms provide a supportive and therapeutic environment to help people from a variety of backgrounds. Some may need some support to recover from mental health problems, some will have a learning disability, others will benefit from care and structure to overcome substance misuse and some will be excluded or at risk of exclusion from school. Some farms provide opportunities for specific groups and some farms for a wider mix.

Carers

Carers Careline (Redditch)

Our aim is to provide support for Carers and we also offer a Befriending Scheme for people over 65 years of age. We work alongside GP surgeries, Social Services and other agencies

☎ **01684 569386**

www.carerscareline.co.uk/

Carers National Association

Information, support, advice and booklets on all aspects of caring

☎ **Helpline 0808 808 7777**

Crossroads Care

Supporting Carers of Older Adults and disabled people

☎ **01905 729293**

www.carers.org/local-service/worcestershire

Weir Lane, Lower Wick,
Worcester, WR2 4AY

Directgov

Information for carers

www.direct.gov.uk/carers

Droitwich Cancer Support Group

To give moral support to sufferers of cancer and their respective carers. Monthly meetings at Rotary House, Droitwich

☎ **01527 577721**

Rotary House, Droitwich, Worcs

Kidderminster & District Cancer Support Group

☎ **0121 501 1133**

Edward Parry Centre, Coventry St,
Kidderminster, Worcs

Redditch Carers Support

Promoting the health, mental and emotional wellbeing of adult carers, especially the elderly, in the local community

☎ **01527 66177**

www.carerscareline.co.uk

Worcester Cancer Support Group

Mutual support/self-help group for cancer sufferers, their partners, family and friends

☎ **01905 422654**

Timberdine Resource Centre,
1 Timberdine Close, Worcester,
WR5 2DD

Worcestershire Association of Carers

Enables carers to gain access to information, reassurance and emotional support. Ensures that carer's interests are represented throughout the voluntary and statutory sectors

☎ **01905 751340**

☎ **0300 012 4272**

www.carersworcs.org.uk

Ground Floor Suite 2, Polysec
House, Blackpole Trading Estate,
Worcester, WR3 8TJ

Worcestershire Carer's Unit

Help and advice regarding service availability, carers assessments, access to adult sitter service, library, emergency card

☎ **0800 389 2896**

www.worcestershire.gov.uk/cms/social-care-and-health/care-and-support/carers-unit.aspx

www.worcestershire.gov.uk/cms/social-care-and-health/care-and-support/carers-unit.aspx

Worcestershire Young Carer's Project

Information, Advice, Support & practical activities for young carers

☎ **01905 731181**

Personalisation – what does this mean?

This is a government inspired initiative to make adult social care more person-centred or "personalised." This means that eligible people will be able to receive a Personal Budget. This is money allocated to them to meet their social care needs from the council instead of a traditional care package. If you are eligible you will have a learning disability, a physical disability or mental health needs, be an older person or a carer and your needs will be assessed. You can choose to receive the Personal Budget in a number of ways:

- As a Direct Payment
- As a Fully Supported Personal Budget
- A Combined Personal Budget

More information can be found on: <http://www.worcestershire.gov.uk/cms/social-care-and-health/care-and-support/self-directed-support/managing-your-personal-budget.aspx>

Children, Young People and Families

Bath Road Young Persons Service

Flats available for young people at risk

☎ 01684 568777

www.festivalhousing.org

Centrepont

Helping Homeless Young People

☎ 01527 68760

www.centrepont.org.uk/get-help

Britten House, Britten St,
Redditch B97 6HD

Child & Adolescent Mental Health Services Support

Promoting better health services for children

☎ 01684 569386

www.camhs.org.uk

Child Brain Injury Trust

Support/activity group for young people with an acquired brain injury

☎ 0845 601 4939

Childline

Confidential telephone and online support for children and young people

☎ 0800 1111

www.childline.org.uk

Community Youth Support

Charity catering for the young people on the estate of Dines Green

☎ 01905 422211

Family Information service

Information on childcare, special needs advice for working parents.

Information, resources and sources of support

☎ 01905 616790560

☎ 08000 96 02 96

www.worcestershire.gov.uk/cms/family-information-service.aspx

Family Mediation Worcestershire Ltd

Helps those involved in family breakdown to communicate and reach decisions about issues arising from separation or divorce

☎ 01905 610295

www.fmw.org.uk

Gingerbread

Information and support for single parent families

☎ 0800 018 4318

www.gingerbread.org.uk

Hereford and Worcester Phab Club

Phab's aim is to promote and encourage people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community

☎ 01981 250087

www.phab.org.uk/index.php

The Richmond Club, 69-71 Edgar Street, Hereford, HR4 9JP

Wyre Forest Phab Club

Phab's aim is to promote and encourage people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community

☎ 01299 266832

www.phab.org.uk/index.php

St George's Social Club, Radford Ave, Kidderminster, DY10 2ES

Homestart Malvern Hills

Free volunteer staffed service offering support, befriending and practical help to families at home with children under 5

☎ 01684 893125

☎ 0800 068 63 68

www.home-start.org.uk

Ground Floor Office, Upper Chase Road, Malvern, Worcs, WR14 2BU

Homestart NE Worcs

Free volunteer staffed service offering support, befriending and practical help to families at home with children under 5

☎ 01527 62819

☎ 0800 068 63 68

www.home-start.org.uk

Community House, 103 Easemore Road, Redditch, Worcs B98 8EY

Homestart Wyre Forest

Free volunteer staffed service offering support, befriending and practical help to families at home with children under 5

☎ 01562 825896

☎ 0800 068 63 68

www.home-start.org.uk

MCF Complex, 60 New Road, Kidderminster, Worcs, DY10 1AQ

Parentline Plus

Face to face, online and telephone information and support for parents

www.parentlineplus.org.uk/

Redditch Family outreach

Provides a range of support and services for the low waged and unemployed

☎ 0800 085 8106



Redi Centre (Redditch):

Education, training, leisure and vocational courses leading to accreditation

☎ 01527 68583

54 South Street, Redditch,
Worcestershire, B98 7DQ

Riverside Children's Centre

Counselling service for parents of children under 5, providing wide ranging advice and support

☎ 01299 406099

Riverside, Citibase, Bridge House, Bewdley, DY12 1AB

Surestart

Services for children under five and their families – website lists local centres

[www.dcsf.gov.uk/
everychildmatters/
earlyyears/surestart/
whatsurestartdoes/](http://www.dcsf.gov.uk/everychildmatters/earlyyears/surestart/whatsurestartdoes/)

Upton-upon-Severn Youth Club

☎ 01684 566573

The Hill Centre, Tunnel Hill,
Upton-upon-Severn,
Worcs, WR8 OSU

Warndon Youth Centre

☎ 01905 458153

Chedworth Drive, Warndon,
Worcester, WR4 9PB

Worcestershire Child and Adolescent Mental Health Services (CAMHS)

Worcestershire CAMHS is a service providing specialist assessment and intervention for children, young people and their families who have emotional and mental health needs. The service is currently accessed via the GP

Worcestershire Parent and Carers Council

Registered charity supporting parents and carers who have children with a disability or additional needs

☎ 07955 760488

www.parentcarers.org.uk/

17 Angel Centre, Angel Place,
Worcester, WR1 3QN

Wyre Forest and Hagley Project (WHP)

Family support, accessed through local schools, to help improve relationships and support children to make the most of every school day. Focused on parenting skills, home-school liaison and swift and easy access to services for children and parents

☎ 01562 744657

www.continu.org.uk

St Mary's Primary School, Stoney Lane, Kidderminster, DY10 2LX

YMCA Worcester

Supporting Young People and their families

☎ 01905 423197

www.ymca.org.uk

Henwick Road, St Johns,
Worcester, WR2 5NS

Young Minds

Information & advice supporting the mental health and wellbeing of children and young people

☎ 0800 018 2138

Parents Helpline:

☎ 0808 802 5544

www.youngminds.org.uk/

48-50 St John Street, London
EC1M 4DG

YSS

YSS is an independent charity, providing a wide range of innovative support services for over 2000 people a year who are at risk of social exclusion

www.yss.org.uk

Unit 3 Ryelands Business Centre,
Ryelands Lane, Droitwich,
WR9 0PT



Counselling and Therapy

Assist Trauma Care

Specialist service for individuals and families who have experienced traumatic events

☎ 01684 569386

☎ 01788 560 800

www.assisttraumacare.org.uk/

BABCP

Register of local and national CBT therapists

www.cbregisteruk.com/

The Bridge Counselling Service

Worcester Counselling service

☎ 01905 731850

www.bridge-counselling-worcester.org.uk/

The Angel Centre, Angel Place, Worcester, WR1 3QN

British Association for Counselling and Psychotherapy

Registered charity that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the general public

☎ 01455 883300

www.bacp.co.uk

Counselling Directory

www.counselling-directory.org.uk/

Depression Alliance Support Group

Information and support services for people with depression

www.depressionalliance.org

Focusline

Open 5pm-9am weekdays, 24 hours at weekends

☎ 0800 272 127

Hearing Voices Network

Confidential helpline and information about local groups

☎ 0845 122 8642

www.hearing-voices.org

Lyttelton Well Counselling Service

Trained counsellors from the local Church Community, clients with faith or no faith are equally welcome

☎ 01684 563456

www.lytteltonwell.co.uk/counselling.php5

The Lyttelton Well, Church Street, Malvern, Worcs, WR14 2AY

My Time CIC

Community Interest Company that delivers award winning, evidenced based, culturally sensitive and professional counselling and support services

☎ 0121 766 6699

www.mytime.org.uk/

172 All Saints House, Herbert Rod, Small Heath, B10 0PR

No Panic

Free helpline for people suffering from anxiety, panic and OCD and their families and/or carers

☎ 0808 808 0545

www.nopanic.org.uk

OCD Action

Information and support for people affected by obsessions and compulsions

☎ 0845 390 6232

www.ocdaction.org.uk

Plumtree Womens Project

Domestic violence refuge for Women & their children

☎ 01684 891623

PO. Box 111, Malvern, Worcestershire WR14 1ZL

Relate psychosexual counselling

For those experiencing psychosexual problems

Relate Worcestershire

Counselling to couples, young People aged 11-18, Individuals or families experiencing difficult family relationships. Also help with psychosexual problems

☎ 01905 23597

www.relate-worcestershire.org

Castle Street, Worcester, WR1 3AD

Relate-line

Short term immediate advice

☎ 0845 130 4010

Samaritans

24/7 telephone listening service, email and face to face drop in at local branch

☎ 01905 21121

☎ 08457 90 90 90

www.samaritans.org

9 Sansome Place, Worcester WR1 1UA

Sane

Saneline open 6-11pm daily. Help, awareness raising and support for people, (their families and carers) experiencing mental health problems. Email support also available

☎ 0845 767 8000

UKCP Website

Local registered psychotherapists

www.psychotherapy.org.uk/

Disabilities

Deaf Direct

Support for people with hearing impairments

☎ **Textphone 01905 764300**

☎ **Helpline 01905 746301**

13 Castle Street,
Worcester, WR1 3AD

DIAL

(Disability information & Advice line)

Information and advice for anyone regarding impairment or disability in South Worcestershire

☎ **Advice Tel: 01905 277 90**

☎ **Textphone 01905 221 91**

Fax: 01905 612 692

www.dialsworcs.org.uk

54 Friary Walk, Crowngate Centre,
Worcester, WR1 3LE

Disabled Christian Fellowship Worcester

Our vision is for all disabled people to be free to fulfil their potential. Transport available for meetings, ring to arrange

☎ **01905 21239**

Radar Disability Network

Supporting social inclusion for disabled people

☎ **020 7520 3222**

www.radar.org.uk

Royal Mencap Society

Charity working in partnership with people with a learning disability

☎ **01905 428030**

☎ **0300 333 1111**

www.mencap.org.uk

180 Bromwich Road, St Johns,
Worcester, Worcs, WR2 4BE

Sight Concern

Providing support, information and services for people affected by sight loss

☎ **01905 723245**

www.sightconcern.co.uk/

The Bradbury Centre, Sansone Walk,
Worcester WR1 1LH

Worcester Snoezelen

Provide people who have sensory and learning disabilities with appropriate relaxation and leisure facilities

☎ **01905 748229**

www.worcestersnoezelen.org.uk/

3 Turnpike Close,
Worcester, WR2 6AB



Need to **talk?**

We'll **listen**

SAMARITANS

Whatever you're going through, we're here to help,
24 hours a day – in confidence and without judging.

08457 90 90 90

For information on volunteering
please call: 01905 211 21
or email jo@samaritans.org

Employment and Learning

Acquired Brain Injury Education Service

Educational support for those people with acquired brain injuries

☎ **01684 569386**

Evesham and Malvern Hills College, Davies Road, Evesham, WR11 1LP

Beacon Employment

Helping people age 19+ who experience barriers to employment

☎ **0844 815 6145**

www.beaconemployment.org

Frederick Road, Hoo Farm Industrial Estate, Kidderminster, Worcestershire, DY11 7RA

Business Link

Managing mental health in the workplace

www.businesslink.gov.uk/

Chipp Shopp

Arts project for those who are both in receipt of social care and for those who receive private care

☎ **01562 82970**

Kidderminster Library, Market Street, Kidderminster, Worcs, DY10 1AB



Community Action Wyre Forest

Local development agency, third sector enterprise and fundamental social firm committed to developing and building the third sector in Wyre Forest and Worcestershire

☎ **01562 67008**

www.communityactionwf.org.uk/

Burgage Lodge, Franche Road, Kidderminster, DY11 5AD

Disability Employment Adviser

Advice and support to people who have employment related problems associated with a health condition/disability (including stress and depression). The service also has access to an occupational psychologist and can support people in retraining or keeping a job

☎ **0800 032 1181**

www.direct.gov.uk/en/DisabledPeople/EmploymentSupport/LookingForWork/DG_4000324

Educational Arts

Classes and workshops in a variety of arts and crafts activities including pottery, drawing and painting

☎ **01905 21095**

www.worcesterartsworkshop.org.uk/

21 Sansome Street, Worcester, WR1 1UH

Health Advice for Small Businesses

☎ **0800 077 8844**

Jobcentre Plus

Employment related information and advice

www.jobcentreplus.gov.uk

Kidderminster College of FE

Further Education

☎ **01562 820811**

www.kidderminster.ac.uk

Market Street, Kidderminster, Worcs, DY10 1LX

Learn Direct

Advice on courses and careers

☎ **0800 101 901**

www.learnirect.co.uk

Bromyard Road Methodist Church, Bromyard Road, St Johns, Worcester, WR2 5DL

Library at Home Service

Specially designed mobile library which delivers books, videos and audiotapes to people living in the more rural parts of Worcestershire

☎ **01386 554559**

Library Service at Home, Pershore Library, Church Street, Pershore, Worcs, WR10 1DT

Mindful Employer

Helping employers to support people with mental health problems

www.mindfulemployer.net

Myriad

Education and vocational support for people with complex needs

St Georges Walk, Worcester, WR1 1QY

NEW College

Further Education

☎ 01527 570020

www.ne-worcs.ac.uk

Slideslow Drive, Bromsgrove,
B60 1PQ

Prescriptions for Learning

Free advice regarding obtaining new skills, learning opportunities and bettering job prospects

☎ 07983409761

☎ 01905 616103

email: cgarfield@worcestershire.gov.uk

Remploy

Focus on ability in providing services to support people into work

☎ 0800 138 7656

www.remploy.co.uk

Shift

Tackling stigma around mental health & resources for the workplace

☎ 0845 223 5447

www.shift.org.uk

Sports Partnership Herefordshire & Worcestershire

Creating opportunities for people to benefit from being active

☎ 01905 855498

www.morethansport.com

Time to Change

Supporting people with mental health issues in the workplace, and working to end discrimination

www.time-to-change.org.uk/your-organisation/

University of Worcester

Higher Education

☎ 01905 855 000

www.worcester.ac.uk

Henwick Grove, Worcester WR2 6AJ

Worcester College of Technology

Courses include: Anxiety Management, Assertiveness, Confidence Building, Yoga for Beginners, and Tame Your Temper

Adult Ed' dept. 01905 743480

www.wortech.ac.uk

Deansway, Worcester, WR1 2JF



Worcester Volunteer Centre

A focal point for organisations and individuals using volunteers

☎ 01905 24741

www.worcestervolunteercentre.org.uk

33 The Tything, Worcester, WR1 1JL

Worcestershire Lifestyles

Works with people aged 16-65 who have experience of mental distress, physical impairment, sensory impairment, learning disability, acquired brain injury. Assessment and practical support provided

☎ 01905 756067

<http://www.worcestershire-lifestyles.org.uk/>

The Gatehouse, Berkeley's Court,
The Foregate, Worcester, WR1 3QG

Homelessness

Foyer Project

Offers accommodation for homeless local young people and vulnerable adults

☎ 01905 423197

www.ymcaworcester.org.uk/stay-safe.htm

Henwick Rd, Worcester, WR2 5NS

Maggs Day Centre

Day centre for homeless people

☎ 01684 569386

www.maggsdaycentre.co.uk

Worcester St albans Church,
Deansway, Worcs, WR1 2JD

St Paul's Hostel

Homeless hostel

☎ 01905 723729

www.stpaulshostel.co.uk

Tallow Hill, Worcester, WR5 1DB

South Worcestershire Nightstop

Help for young, single homeless people aged 16-25

☎ 01684 579579

Festival Housing Group,
Partnership House, Grove Wood
Road, Malvern Link, WR14 1GD



Hospices

Acorns Children's Hospice

Specialist care and support to children and young people who have life limiting or life threatening illnesses, and their families

☎ 01564 82 5000

www.acorns.org.uk

350 Bath Rd, Worcester,
WR5 3EZ

Kemp Hospice

Day care & home care support for those living with cancer and life threatening diseases

☎ 01562 861217

41 Mason Road, Kidderminster,
DY11 6AG

Primrose Hospice

Cancer help centre

☎ 01527 871051

www.primrosehospice.org

St Godwalds Road, Finstall,
Bromsgrove, B60 3BW

St Richard's Hospice

Care for patients and families in Worcestershire who are living with cancer and other life threatening illnesses

☎ 01684 569386

www.strichards.org.uk

St. Richard's Hospice
Foundation, Wildwood Drive,
Worcester, WR5 2QT

Housing

Advance Housing and Support

Mental health support in Redditch and Worcester City and learning disabilities in Droitwich, Malvern, Redditch and Worcester

☎ 01684 569386

www.advancesupport.org.uk

Bromford Housing

Providing quality affordable homes and support services

☎ 0330 1234 031

www.bromfordgroup.co.uk

1 Exchange Court, Brabourne Ave,
Wolverhampton Business Park,
Wolverhampton, WV10 6AU

Bromsgrove District Housing Trust (BDHT)

Housing association providing affordable homes and homeless service

☎ 01527 557557

☎ 0800 0850 160

www.bdht.co.uk

Buntsford Court, Buntsford Gate,
Bromsgrove, Worcs, B60 3DJ

Disabled Living Foundation

Helpline giving information and advice to disabled people to promote independent living

☎ 0845 130 9177

www.dlf.org.uk

Festival Housing Group

Bringing together like minded organisations which invest in neighbourhoods and work closely with residents to build communities

www.festivalhousing.org

Partnership House, Grovewood
Road, Enigma Business Park,
Malvern Link, Worcs QR14 1GD

Newstarts Re-use and Re-settlement

Community project helping people on very low incomes

☎ 01527 882410

www.newstarts.org.uk/

51 Willow Road, Bromsgrove,
Worcs, B61 8PU

Rooftop Housing

Group of four housing associations that provide a range of housing

solutions to meet the needs of communities

☎ 01386 420820

www.rooftopgroup.org/

70 High Street, Evesham,
QR11 4YD

Stonham

Housing and support for vulnerable people

☎ 01905 756277

www.homegroup.org.uk

The Community Housing Group

Provides rented accommodation for those in the most need of housing

☎ 01562 733000

www.communityhg.com

3 Foley Grove, Foley Business
Park, Kidderminster, DY11 7PT

Worcestershire Community Housing

Affordable housing and support services

☎ 01905 670200/0800 197 2805

www.wchnet.co.uk

Progress House, Midland Road,
Worcester, WR5 1DU

Information and Resources

BBC Health

Health news and information

☎ 01684 569386

www.bbc.co.uk/health/conditions/mental_health/

Books on Prescription

See your local Library or GP for a range of mental health self-help books

☎ 01905 428945

www.worcestershire.gov.uk/cms/pdf/BOP%20Leaflet.pdf

Bromsgrove and Redditch Network (BARN)

Network of voluntary and community organisations and statutory agencies that provide a service to individuals or organisations

☎ 01527 60282

www.barn.org.uk/

Community House, 103 Easemore Road, Redditch, B98 8EY

Carewise

Local Directory of social care services

www.whub.org.uk/carewise

Community First

Our vision is one where strong, diverse, vibrant, inclusive and well equipped community groups and voluntary organisations empower people to address the changing needs of their communities

☎ 01684 312730

www.comfirst.org.uk/

Malvern View, Willow End Park, Blackmore Park Road, Malvern, Worcs, WR13 6NN

Equip

NHS Local online Health and Social Care information and support for the West Midlands

www.equip.nhs.uk

Gloucestershire Primary Mental Health Service

On-line self-help resources

www.pmhsglos.org.uk/pmht231817.html

Living Life to the Full

E-learning website providing free online CBT course

www.livinglifetothefull.com/

Mental Health First Aid

Mental health awareness training

☎ 01684 312755

☎ 01270 230260

www.mhfaengland.org.uk

Mental Health Foundation

Information, research and campaigning on mental health issues

www.mentalhealth.org.uk

National Library for Health

Patient information covering hundreds of topics and answers to common health questions

www.cks.library.nhs.uk/patient_information

NHS Choices

Online health information

www.nhs.uk/LiveWell/MentalHealth

NHS Direct

Telephone helpline and authoritative health advice

0845 4647

www.nhsdirect.nhs.uk

NHS Local

Information on local health services

www.equip.nhs.uk

NHS Self Help Books

A list of self help books covering common mental health disorders

www.northtynesidepct.nhs.uk/news/press-releases/self-help

NICE

Official government body health guidelines

www.nice.org.uk

The Big Recovery

Project working across services to ensure recovery orientated practice becomes embedded in our everyday work

☎ 01905 760000

www.hacw.nhs.uk/our-services/big-recovery.aspx

Worcestershire Health and Care NHS Trust

Isaac Maddox House, Shrub Hill Road, Worcester, WR4 9RW

Relaxation Reviews

Independent guide to Relaxation Tapes, CDs, MP3s and on-line relaxation audio

www.calming.org/

The Human Givens Approach

Information and advice for people with depression

www.lift-depression.com

WAVOCC

Worcestershire Association of Voluntary Organisations in Community Care

☎ 01905 612726

www.wavocc.org.uk

The Bradbury Centre, 2 Sansome Walk, Worcester, WR1 1LH

Mental Health Support Services

Autism Consultancy & Training Ltd

Specialist Autistic Spectrum and High Functioning Autism consultancy and training services; including specialist Social Worker assessments, court reports, professionals' training and education programmes

☎ 01905 779549

The Old Library Centre,
65 Ombersley Street East,
Droitwich Spa, Worcs, QR9 8QS

Autism West Midlands

Family support for children with Autistic Spectrum Disorder

☎ 0121 450 7575

www.autismwestmidlands.org.uk

Beat

Information and help on all aspects of eating disorders

☎ Helpline 0845 634 1414

☎ Youthline 0845 634 7650

www.b-eat.co.uk

Bread

Eating Disorders support groups, relaxation, anxiety management workshops and training

☎ 01684 569386

www.bread-eatingdisorders.org.uk/

Spadesbourne House, 184
Worcester Rd, Bromsgrove,
Worcs, B61 7AZ

Worcestershire Health and Care Trust

Community Health Services, GP referral only

☎ 01905 500575

www.hacw.nhs.uk/

Anxiety UK

Providing information and support for people and families affected by anxiety disorders

☎ 08444 775774

www.anxietyuk.org.uk

Bromford Support Networking Service

Giving vulnerable people in Worc's the opportunity to extend their social and leisure networks

☎ 01527 591471

Escape

Support groups for families where a member has an acquired brain injury

☎ 01386 443425

Harmless

Service user led organisation providing information, training and consultancy around self harm

www.harmless.org.uk/

IRIS Early Intervention in Psychosis

Network promoting early intervention in psychosis, information and support

www.iris-initiative.org.uk/

MDF Bipolar Organisation

Support for people with bipolar disorder

☎ 01905 613328

www.mdf.org.uk

16 Wood Tce, Worcester,
WR1 1NY

Mental Health Action Worcestershire

Representation and support for service users and carers in Worcestershire

☎ 01905 23061

1-4 Angel Centre, Angel Place,
Worcester, Worcs, WR1 3QN

The Monday Club

Mental health support group
Bromsgrove area

☎ 07551707333

☎ 07532131656

Personality Disorder

Development programme providing information and resources for support and preventative work

www.personalitydisorder.org.uk/

Positive Thoughts

Malvern mental health support group

☎ 01684 569386

www.positivethoughts.org.uk/

PO Box 275, Malvern, WR14 9DN

West Midlands OCD Support Group

Relaxed, informal and friendly meetings including open discussions between sufferers, friends and carers.

☎ 07977 591081

www.wmcd.org.uk/

Carrs Lane Church Centre,
Birmingham

Worcester/Hereford shyness and social anxiety group

Help and support those who suffer from shyness and social anxiety. We also invite those with related disorders, such as phobias and depression, by holding safe and happy social events

☎ 01684 893072

www.shyness.meetup.com/120/

Money and Financial Support

2 Pennies Money Advice

Financial advice and training

☎ 01905 27001

www.twopennies.org.uk

Angel Centre, Angel Place,
Worcester, WR1 3QN

Credit Crunch Stressline

*Telephone helpline for anyone
affected by the recession*

☎ 0300 123 2000

Mind Money and Mental Health

Online publication

www.mind.org.uk/money

National Debtline

Debt advice

☎ 0808 808 4000

www.debtfreedirect.co.uk/g-national-debt-line

The Social Fund

Discretionary crisis loans

☎ 01684 569386



Older People

Age UK Bromsgrove

Local support for older people

☎ 01527 871840

www.ageuk.org.uk/bromsgrove

51 Windsor St, Bromsgrove
B60 2BJ

Age UK Droitwich Spa

Local support for older people

☎ 01905 772126

www.ageukds.org.uk

Age UK Evesham Access Centre

Local support for older people

☎ 01386 422700

12 Vine Street, Evesham, Worcs,
WR11 4RE

Age UK Herefordshire and Worcestershire

*Information, advice and support
for older people*

☎ 01905 740950

☎ 0800 008 6077

www.ageuk.org.uk/herefordshireandworcestershire

Malvern Gate, Bromwich Road,
Worcester, WR2 4BN

Age UK Malvern

Local support for older people

☎ 01684 560666

www.ageuk.org.uk/malvernanddistrict

The Grange, Grange Road,
Malvern, Worcs, WR14 3HA

Age UK Redditch

Local support for older people

☎ 01527 584653

www.ageuk.org.uk/redditch/

Community House, 103 Easemore
Road, Redditch, B98 8EY

Age UK Wyre Forest

Local support for older people

☎ 01562 827 788

www.ageuk.org.uk/wyreforest/

Tulip Tree Day Centre, Castle
Road, Kidderminster, Worcs,
DY11 6TH

Alzheimers Society Kidderminster

*Working to improve the quality of
life for those with all types of
dementia*

☎ 01562 823800

www.alzheimers.org.uk

83 New Road, Kidderminster,
Worcs, DY10 1AE

Alzheimers Society Worcester

*Working to improve the quality of
life for those with all types of
dementia*

☎ 01905 22195

www.alzheimers.org.uk

5 the Angel Centre, Worcester,
WR1 3QN

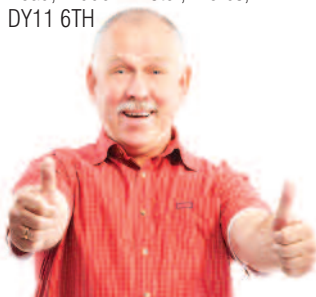
Alzheimers Society Malvern

*Working to improve the quality of
life for those with all types of
dementia*

☎ 01684 891455

www.alzheimers.org.uk

Rowan House, Osbourne Road,
Malvern, Worcs, WR14 1JE



Carers of the Confused Older Person

Support group

☎ 01299 827327

Lucy Baldwin Day Hospital, Olive Grove, Stourport, DY13 8XY

ConnectED - Onside

Provides 1-1 mentoring support to people with dementia who are aged under 65

☎ 0844 248 9 248

www.onside-advocacy.org.uk

Elder Abuse

Helpline for anyone concerned about the abuse of older people

☎ 0808 808 8141

www.elderabuse.org.uk

Live-at-Home-Scheme

Social club for elderly people

☎ 01905 420805

www.mha.org.uk/lahs34.aspx

Live at Home, Bromyard Road Methodist Church, Bromyard Road, Worcester, WR2 5DL

Steps Forward - Onside

Provides 1-1 support and access to peer networks for people over the age of 65 who have low level mental health issues caused by isolation, bereavement etc. This project provides short term intervention which includes Cognitive Behavioural Therapy

☎ 0844 248 9 248

www.onside-advocacy.org.uk

Support at Home

Help for older people to live at home independently

☎ 01684 579627

www.festivalhousing.org

Partnership House, Grovewood Road, Enigma Business Park, Malvern Link, Worcs, WR14 1GD

University of the 3rd Age

Learning, leisure and creative activities for people no longer in full time employment

☎ 01527 60414

www.u3a.org.uk/

Practical Support

Adult and Community Services

Formerly known as "Social Services"

☎ 01905 763763

Access Centre 0845 607 2000

County Hall, Spetchley Road, Worcester, WR5 2NP

CAB Malvern Hills District

Offer advice and support with benefits, housing and legal advice amongst other issues

☎ 08444 111444

www.malvern hills-cab.org.uk

The Grange, Grange Road, Malvern, Worcs, WR14 3HA

Citizens Advice Bureau

Offer advice and support with benefits, housing and legal advice amongst other issues

☎ 01905 611371

☎ 0844 4111 444

www.worcestercab.org.uk

The Hopmarket, The Foregate, Worcester, WR1 1DL

Diocese of Worcester

Church of England Chaplaincy and Spiritual support

☎ 01905 20537

www.cofe-worcester.org.uk/

The Old Palace, Deansway, Worcester, WR1 2JE

Expert Patient Programme

Self management programme for people with long term health conditions

☎ 01527 507055

www.expertpatients.co.uk

Farm Crisis Network

Helpline staffed 7am - 11pm Support for farming families during times of stress

☎ 01886 821339

☎ Helpline 0845 367 9990

www.farmcrisisnetwork.org.uk/help

The White House, Ankerdine Hill, Knightwick, Worcester, Worcs, WR6 5PR

Headway Worcester

Support for people & families affected by brain injury

☎ 01905 729729

www.headwayworcestertrust.com/

The Mill, Gregories Mill Street, Worcester, Worcs, WR3 8BA



Health Trainer Service

Lifestyle advice, support and signposting:

☎ **Worcester: 01905 451654**

☎ **Redditch: 01527 507073**

☎ **K'minster: 01562 820079**

Lifelinks - Onside

1-1 mentoring support and access to peer networks, education, volunteering and mainstream social activities for people who are suffering from mental ill health and autism

☎ **0844 248 9 248**

www.onside-advocacy.org.uk

MENCAP/Royal Mencap Society

Supporting people with learning disabilities, their families and carers

☎ **01905 428030**

www.mencap.org.uk

428 Bromwich Road, Worcester, WR2 4BE

MIND

online information leaflets and drop in services

☎ **Evesham 01386 429454**

☎ **Malvern 01684 561503**

www.mind.org.uk

Wallace House Community Centre, Oat Street, Evesham, Worcestershire, WR11 4PJ

Our Way Self Advocacy

Empowering people to speak up for themselves

☎ **01562 820262**

www.ourwayselfadvocacy.com

Burgage Lodge, 184 Franche Road, Kidderminster, DY11 5AD

Patient Advice Liason Service

Provides information about the NHS and help with any other health related enquiry

☎ **01527 512177**

www.pals.nhs.uk/

Rainbow Autism

Provides one to one support, advice, activities and personal development coaching for adults with Autism. Offers drop in and outreach services, advocacy and family/carer support

☎ **01684 312760**

Malvern View, Willow End Park, Blackmoor Park Road, Malvern, Worcs, WR13 6NN

Sandycroft Well-being Centre

A multi-agency 'one stop' approach offering holistic support, advocacy and advice for families, women, educational training, multicultural resources, a community nursery and café

☎ **01527 595135**

www.sandycroft.org

Sandycroft, West Ave, Smallwood, Redditch, Worcs, B98 7DH

Shaw Community Services

Support adults with mental health issues, learning difficulties and sensory impairment to live as independently as possible

☎ **01905 360140**

147 London Road, Worcester WR5 2ED

Shaw Healthcare

Provide a range of social and personal care

☎ **01905 829820**

Brook Farm, Brook End Lane, Kempsey, WR5 3LF

Worcestershire Coalition of Independent Living

User Led Organisation aiming to enable all people with support needs to contribute to shaping and directing the services that they need to live the life they choose

☎ **01905 542054**

www.wcil.org.uk/

University of Worcester, Bredon Room 102, Henwick Grove, Worcester, WR2 6AJ

Worcestershire Race Equality Council

Promoting racial equality and fighting discrimination

www.worcestershirerec.org.uk

Queen Elizabeth House, The Trinity, Worcester, WR1 2PW

Worcestershire TeleCare

Provides individual care, as well as supply of personal alarms and smart sensors

☎ **0845 130 1469**

www.worcstelecare.org

PO Box 145, Malvern, Worcs, WR14 3ZP



Reablement Services

ASHA Women's Centre

Helps women find a route out of offending, poverty and deprivation as well as raising their emotional confidence. Counselling, training, employment advice, crèche

☎ **01684 569386**

http://www.wedo.org.uk/Asha_Centre.htm

10 Bath Road, Worcester, Worcestershire, WR5 3EJ

Community Action Wyre Forest

Supporting people to improve mental well-being through training, mentoring, therapies to improve stress and anxiety management and volunteering opportunities

01562 67008

www.communityactionwf.org.uk/

Burgage Lodge, Franche Road, Kidderminster, DY11 5AD

Epic CIC

Empowering people within communities to influence and engage in the better delivery of public services

01527 878722

www.epic-se.co.uk

The Trunk, 21 Humphrey Avenue, Charford, Bromsgrove, Worcs, B60 3JB

Moving On - Onside

This is a reablement project providing mentoring support to enable people to access volunteering opportunities. People need to be receiving secondary mental health care to access this service

☎ **0844 248 9 248**

www.onside-advocacy.org.uk

Onside Independent Advocacy

Provides free independent 1-1 support for vulnerable adults and their informal carers on a range of issues to ensure people are treated fairly and have equal rights within all aspects of their lives

☎ **0844 248 9 248**

www.onside-advocacy.org.uk

Rethink Mental Illness

Community based Recovery focused services providing peer support, social inclusion and well-being to encourage more independent living

☎ **Malvern 01684 573278**

☎ **Worcester 01905 924546**

☎ **Evesham 01386 45216**

☎ **Red' & Brom' 01527 60768**

☎ **0208 9746814**

www.rethink.org

Merridale Lodge, Jeffcock Road, Wolverhampton, WV3 7AA

28a Avenue Road, Malvern, Worcs WR14 3BG

Dresden House, 51 High Street, Evesham, Worcs, WR11 4DA

Shaw Trust

Vocational support to people in secondary mental health

☎ **07779 030558**

☎ **07866 538796**

☎ **07702 910117**

www.shaw-trust.org.uk/home

Studdert Kennedy, Spring Gardens, Worcester, WR1 2AE

Tripod

Vocational, educational and recreational support

☎ **01527 488706**

Room 8, Orchard Place, Orchard St, Smallwood North, Redditch B98 7DP

Worcestershire Reablement Hub

Co-ordination of reablement services

☎ **01905 734520**

Studdert Kennedy House, Spring Gardens, Worcester, WR1 2AE

Workers' Educational Association

Providing adult education through an inclusive, local and engaging way

☎ **07896 246703**

www.westmidlands.wea.org.uk

Angel Centre, Angel Place, Worcester, WR1 3QN

Reablement – what does this mean?

The Reablement Service is a group of mental health providers who give intensive support to service users with the aim of increasing their independence and reducing the need for ongoing or high level services. It is based on the principles of Recovery.

Transport

BriCycles

Social Enterprise set up to promote cycling and recycling, and supplying cycles for children and adults who have physical or learning disabilities or have impaired balance

☎ 01684 577238

www.bricycles.co.uk

Ivy Cycle Works,
271 Worcester Road, Malvern,
Worcs, WR14 1AA

Redditch Dial-a-Ride

Door to door minibus scheme with disabled wheelchair access

☎ 01527 64910

www.worcestershire.gov.uk/cms/bus/community-transport/redditch-dial-a-ride.aspx

Worcester Community Transport

Community Transport schemes are set up to serve people who do not have access to conventional transport or are unable to use it

☎ 01905 765765

www.worcestershire.gov.uk/cms/bus/community-transport.aspx

Worcester Wheels

Transport Service including volunteer driven cars and minibuses

☎ 01905 724274

www.worcestershire.gov.uk/cms/bus/community-transport/worcester-wheels-ct.aspx

Wyre Forest Dial-a-Ride

Door to door community transport

☎ 01684 569386

www.worcestershire.gov.uk/cms/bus/community-transport/wyre-forest-dial-a-ride.aspx



Working together to improve workplace health and well-being in Worcestershire.

email:

enquiries@worcestershireworkswell.co.uk

Tel: 01905 760021

worcestershireworkswell.co.uk



Wellness Works

Promoting well-being in the workplace

We can enable you to create a mentally healthy and resilient workforce that will help you achieve a healthy and resilient business.

We do this by:

- providing expert business consultancy and advice for strategic decision makers
- tailoring training and development to enable your managers to put the strategy into practice
- equipping your employees with the skills and techniques to raise levels of resilience during times of change or challenge

Contact: amandaw@comfirst.org.uk

Telephone: 01684 312754

www.wellness-works.co.uk

Worcestershire Health and Care NHS Trust

Worcestershire Health and Care NHS Trust

Now incorporates what was
Worcestershire Mental Health
Partnership Trust

☎ 01684 569386

www.hacw.nhs.uk

Isaac Maddox House, Shrub Hill
Road, Worcester, WR4 9RW

Primary Care Mental Health Services

☎ 01905 760322

Primary Care Mental Health, The
St Wulston's Unit, Newtown
Hospital, Worcester, WR5 1JG

Vocational Support

Support towards employment
training and volunteering. Referral
via Community Teams

Patient Advice and Liason Service (PALS)

Community Service user and
carer engagement /
communications and media
enquiries

☎ 01905 681517

email: pals@hacw.nhs.uk

Community Mental Health Teams (CMHT)

Provide support, training and employment for people with mental
health problems

• Bromsgrove CMHT

☎ 01527 488440

New Brook, Princess of Wales Community Hospital, Stourbridge
Road, Bromsgrove, Worcs, B61 0BB

• Evesham CMHT

☎ 01386 502508

Waterside Day Hospital, Evesham Community Hospital,
Worcs, WR11 1JT

• Malvern CMHT

☎ 01905 734520

Rowan House, Osborne Road, Malvern, WR14 1JE

• Redditch CMHT

☎ 01527 488721

Orchard Place, Resource Centre, Orchard St, Redditch, B98 7DP

• Worcester CMHT

☎ 01905 734520

Studdert Kennedy House, Spring Gardens, Worcester, WR1 2AE

• Wyre Forest CMHT

☎ 01562 826381

The Roberston Centre, Kidderminster Hospital, Bewdley Road,
Kidderminster, Worcs, DY11 6RJ

Worcestershire Health and Care

NHS Trust

The Big Recovery – what does this mean?

This is a pledge from the Worcestershire Health and Care NHS Trust to make sure service users and carers feel empowered and work in partnership with staff to make sure that they have a good experience of treatment, care and support. It offers hope, control and the opportunity to build a life beyond illness.



“Recovery is about building a meaningful and satisfying life, as defined by the person themselves, whether or not there are ongoing symptoms or problems.”

Laurie Davidson, Devon Recovery

Women and Men

A Call to Men UK

A men's organisation addressing domestic and sexual violence prevention

www.acalltomenuk.co.uk

Campaign Against Living Miserably (CALM)

Reducing the high suicide rate amongst men under 35

☎ 01684 569386

☎ 0800 585858

www.thecalmzone.net

Cedar Tree Pregnancy Crisis and Post Abortion Support Centre

Support and counselling for women whose issues involve pregnancy, miscarriage and stillbirth

☎ 01905 616166

www.careconfidential.com/Worcester/Default.aspx

The Angel Centre, 1, Angel Place, Worcester, WR13QN

Droitwich Women's Refuge

Provides advice, support and temporary accommodation for women and children escaping domestic violence

☎ 01905 797537

Support Works

Self help group for those who have suffered domestic violence and/or abuse

www.supportworks.info

98c Blackpole Trading Estate
West, Blackpole, Worcester,
WR3 8TJ

West Mercia Women's Aid

Support to women and children affected by domestic violence

☎ 01562 864864

☎ 0800 980 3331

www.womensaid.org.uk

PO Box 52, Kidderminster,
Worcestershire, DY11 7YY

Worcester Lesbian and Gay Switchboard

Information, support, social groups and befriending. The two counties biggest lesbian and gay group

☎ 01905 723097

PO Box 156, Worcester,
WR1 3YJ

West Mercia Rape and Sexual Abuse Support Centre

WRSASC is a free, confidential and non-judgmental service run by women for women who have experienced any form of rape or sexual abuse at any time. Also offers training and awareness programs for organisations

☎ 01905 611655

www.wrsasc.org.uk

PO Box 240, Worcester, WR1 2LF

Worcestershire Forum Against Domestic Abuse

Support for people affected by domestic abuse

☎ 0800 980 3331

www.worcestershire.gov.uk/cms/social-care-and-health/domestic-abuse.aspx

Worcestershire Rape & Sexual Abuse Support Centre



A free, confidential and non-judgemental service run by women for women who have experienced any form of rape or sexual abuse at any time.

Helpline: 01905 724514

Mon & Thurs 7.30pm – 9.30pm

Tues 1.00pm – 5.00pm, Fri 10.00am – 2.00pm

email: office@wmrsasc.org.uk

www.wrsasc.org.uk



Wellness Works, Community First
Malvern View, Willow End Park
Blackmore Park Road, Malvern,
Worcestershire WR13 6NN
Tel. 01684 312730
Fax. 01684 311278
email: wellnessworks@comfirst.org.uk
www.comfirst.org.uk/wellness_works

