

Relationships and Conflict RESOURCES

Counselling

Registered Counsellors can be found using the directories on the Professional Bodies websites:

- Association of Christian Counsellors (ACC) www.acc-uk.org
- Websites for other Registered bodies (i.e. BACP, UKCP, NCS, etc.) can be found at <https://www.professionalstandards.org.uk/what-we-do/accredited-registers/find-a-register/-in-category/categories/professions/counselling>

Support Lines

- Premier Lifeline 0300 111 0101
- Samaritans: 116 123 email: jo@samaritans.org www.samaritans.org.uk 24-hour support to people experiencing distress or despair

Mental Health Resources

- MIND: www.mind.org.uk 0300 123 3393 extensive information to assist in understanding mental health issues
- Mind and Soul www.mindandsoulfoundation.org information for individuals and churches
- Mental Health Foundation – information on mental health issues and maintaining mental well-being www.mentalhealth.org.uk/
- YoungMinds Information for both parents and young people on all aspects of mental health of children and young people www.youngminds.org.uk Parents information service: 0808 802 5544.

ORGANISATIONS

- Relate www.relate.org.uk
- National Domestic Violence Helpline 0808 2000 247 www.nationaldomesticviolencehelpline.org.uk
- Action on Elder Abuse (AEA) works to protect, and prevent the abuse of, vulnerable older adults. Helpline: 080 8808 8141 www.elderabuse.org.uk
- Marriage Care www.marriagecare.org.uk
- Care for the Family www.careforthefamily.org.uk