

## Lowdown signposting list

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### Abuse

**Support Line** is a confidential emotional support line particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse. Available for children, young adults and adults. **Helpline:** [01708 765200](tel:01708765200) **Email:** [info@supportline.org.uk](mailto:info@supportline.org.uk)

### Abortion

**British Pregnancy Advisory Service (BPAS)** 03457 30 40 30 Abortion Care Service Maple Access Practice, 17-19 Hazelwood Rd, N'ton, NN1 1LG Help for those facing unplanned pregnancy, experiencing miscarriages or following abortion – signposting to free counselling and advice.

**Marie stopes UK 24 hour advice line on 0345 300 8090** specialise in abortion treatments, advice and support for women considering **Sexual health clinic Telephone: 01604 609766** Northampton General Hospital Area R Billing Road Cliftonville Northampton, NN1 5BD advice on abortion and referral and pregnancy options

### Benefits

**Benefits Agency & DWP Department for Work and Pensions 0800 055 6688** The government has a range of benefits to provide opportunities and support. These are handled by various departments and agencies. If you are entitled to any of these benefits, you will need to claim them from the right place. [www.direct.gov.uk](http://www.direct.gov.uk) or [www.dwp.gov.uk](http://www.dwp.gov.uk) website <http://www.adviceuk.org.uk/benefits-advice/>

**Community Law Northampton 01604 621038** Rushden 01933 313020 Wellingborough 01933 278248 health issues. Website: <http://www.communitylawservice.org.uk/> email: [enquiries@communitylawservice.org.uk](mailto:enquiries@communitylawservice.org.uk)

**FISH (Free Impartial Support and Help)** 01933 278248 <http://www.fishforadvice.co.uk/> Advice on benefits, debt, housing, careers, mediation The FISH shop, 2a Cambridge Street, Wellingborough, NN8 1DJ

**Universal credit benefit help line 0345 600 0723** or if you need to use their text phone facility the number is **0345 600 0743**.

### Bereavement

**Bliss Helpline:** 0808 801 0322 Mon-Fri 10am – 4pm Mon-Weds 7pm-9pm <http://www.bliss.org.uk/bereavement> Support for parents whose babies are born premature or sick

**BRAKE** Switchboard: 01484 559909 Victim support: 0808 8000401 Road safety charity and victim support of road accidents <http://www.brake.org.uk/>

**CALM 0800 58 58 58** (5pm – midnight) CALM stands for Campaign Against Living Miserably. Are you male? Are you living miserably? [www.thecalmzone.net](http://www.thecalmzone.net)

**Child Bereavement Charity 0800 02 888 40** Provides specialised support to all those affected when a baby or child dies, or when a child is bereaved. [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

**Child Death Helpline 0800 282 986** Or Freephone number for ALL mobiles 0808 800 6019 The Child Death Helpline is a helpline for anyone affected by the death of a child of any age, however long ago. [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

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**Child Suicide** no telephone support, supportive non-profit site for those who have suffered the tragic and indescribably painful loss of a child to suicide.

Also, for young people who feel depressed, isolated or who self-harm. [www.childsuicide.homestead.com](http://www.childsuicide.homestead.com)

**Children Are Butterflies 01604 792222** Northamptonshire charity for families who have lost a child of any age <http://www.childrenarebutterflies.org.uk/>  
founded by Ann Hollowell

**Cruse Bereavement Care-Northants** tel 07772 428532 Free bereavement counselling for 18 years plus (6 sessions, usually a waiting list)

**Disaster action** Email to become a member and join forums/support groups, Members have personal experience of over 20 disasters, (rail, air sea, natural disasters & terrorist attacks). [www.disasteraction.org.uk](http://www.disasteraction.org.uk) Esquires email: [admin@disasteraction.org.uk](mailto:admin@disasteraction.org.uk)

**Grief Encounter 0808 8020 133** Monday-Friday 9-5pm Helpline: 020 8371 8455 The Grief Encounter Project is a Bereavement Charity set up to help bereaved children and their families. [www.griefencounter.org](http://www.griefencounter.org) <https://www.widowedandyoung.org.uk/>

**Lullaby Trust** Bereavement support 0808 802 6868 <https://www.lullabytrust.org.uk/> (formerly FSIDS) Supports bereaved families and promotes safe baby care advice. 0808 802 6869 Information

**Milton Keynes Bereavement Service** 01908 231292 07483 308032 [www.bereavementservicemk.org.uk](http://www.bereavementservicemk.org.uk)

**SAMMS Support after Murder & Manslaughter 0121 451 1618 0845 872 3440** A UK national charity supporting those bereaved by murder and manslaughter <https://www.samm.org.uk/>

**Road Peace** 0845 4500 355 Road Peace provides emotional and practical support to those bereaved or injured in a road crash. [www.roadpeace.org](http://www.roadpeace.org)

**Winston's Wish** Helpline: 08088 020 021 General enquiries: 01242 515157 Guidance, support and information for bereaved children, young people and their families. Residential groups for those bereaved by suicide. <http://www.winstonswish.org.uk/>

**NHS Info and signposting for different types of bereavement** <http://www.nhs.uk/livewell/bereavement/pages/bereavement.aspx>

**Northamptonshire Child and Adolescent Bereavement Service (CABS) 01604 545131** Support for bereaved children. Based at Northampton Gen. Hospital <http://www.northamptongeneral.nhs.uk/OurServices/Clinical/Childrensservices/ChildandAdolescentBereavementService.aspx>

**Now I Am One - Northampton 01604 792222** A course of practical information and support given at a weekly group for widowed people Hollowell Funeral Directors, Beech Avenue, Abington.

**Pet Bereavement Blue Cross 0800 096 6606** Support for grieving for the loss of a pet, whether through death or enforced separation. [www.bluecross.org.uk](http://www.bluecross.org.uk)

**The Cot Death Society Help** and support for anyone affected by cot death. No helpline <http://www.counselling-directory.org.uk/>A Helpline answered by a bereaved parent who is there to listen when you need someone to talk to. [www.tcf.org.uk](http://www.tcf.org.uk) Support after the death of a child of any age. Online support phone support, local group support and befrienders

**Way Foundation** (Widowed and Young) No helpline – contact form via website. Widowed men & women, partners and same sex partnerships under 50

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### Counselling / therapy support

**ASSIST Trauma Care** (Rugby) Helpline: 01788 560800 Office: 01788 551919 [www.assisttraumacare.org.uk](http://www.assisttraumacare.org.uk) Support after trauma

**BACP** (British Association for Counselling and Psychotherapy) Find A Therapist Directory 01455 883300 <https://www.bacp.co.uk/search/Therapists>

**BABCP (British Association for Behavioural and Cognitive Psychotherapies)** email [www.babcp.com](http://www.babcp.com), website [babcp@babcp.com](mailto:babcp@babcp.com)

**Changing Minds IAPT Service**, CBT based therapy via NHS can self ref by calling 0300 999 1616 (9am to 5pm weekdays). Referrals can also be made by your GP we help people aged 17.5yrs and up with mild to moderate depression and/or an anxiety disorder.

**CHAT – Oundle 01832 27442** [Youth counselling, free 1:1 sessions](http://www.chatyouthcounselling.org.uk)

**Chat** 01832 274422 or via our email [info@chatyouthcounselling.org.uk](mailto:info@chatyouthcounselling.org.uk)

**Childline** 0800 1111 A service provided by NSPCC [www.childline.org.uk](http://www.childline.org.uk)

**Counselling Directory Professional directory** of qualified private counsellors and psychotherapists – website gives info and advice on emotional/mental [Information, resources and advice regarding seeking private counselling](http://www.counselling-directory.org.uk)

**SERVICE SIX Counselling Wellingborough and northants 01933 2777520 Helpline 0333 2400716** CAYP counselling and emotional support. Issues such as, Abuse, Anti Bullying and Sexual Health. [www.servicesix.co.uk](http://www.servicesix.co.uk) Email: [reception@servicesix.co.uk](mailto:reception@servicesix.co.uk)

**Teamwork Trust Kettering:** 01536 511993 Corby: 07842 086256 Wellingborough: 01933 442066 [Local https://www.teamworktrust.co.uk/](https://www.teamworktrust.co.uk/)

**The lowdown** 01604 622223 (helpline) 01604 634385 (Enquiries) [www.thelowdown.info](http://www.thelowdown.info) A free confidential counselling, information and support services to 12-25 year olds. [www.thelowdown.info](http://www.thelowdown.info)

**Time2Talk Daventry 01327 706706** <http://www.time2talk.org.uk/> Free counselling, info and advice for 13 – 25 year olds in Daventry and Towcester.

**Youthworks Kettering & Corby 01536 518339** <https://www.youthworksnorthamptonshire.org.uk>

### Domestic violence

**Eve refuge for women and their families** escaping domestic violence **01604 230311** 24hr referral and helpline refuge and support services (eve) [www.eveda.org.uk](http://www.eveda.org.uk)

**National & Local: Women’s Aid 0808 2000 247** (UK domestic violence helpline) <https://www.womensaid.org.uk/>

**Northamptonshire domestic abuse service support and refuge 0300 0120154** <https://ndas.co/>

**Temper Domestic violence** Eagle House 28, Billing Rd, Northampton NN1 5AJ · 01604 211445 [www.temper.me.uk](http://www.temper.me.uk) Courses to change abusive behaviour towards partners.

**The sunflower centre domestic violence support and outreach 01604 888 211** [sunflower@northants.pm.police.uk](mailto:sunflower@northants.pm.police.uk) or <https://www.victimsupport.org.uk>

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### Disability

**Action for Asperger's** Telephone office number: **01536 266681** (24 hours/7 days; message facility available) works by offering the following: Confidential counselling Advocacy and general advice on autism and Asperger's Syndrome A one-off emotional support service Text facility: 0777 380 1506 Private messaging via our Facebook page 'Action for Asperger's' A confidential email support service. Write to: [info@actionforaspergers.org](mailto:info@actionforaspergers.org).

**Carefree Northants** Provides support and assistance to families with learning disabilities, helps alleviate the endless financial, emotional and health problems, 83 Neale Avenue, Kettering NN16 9HG

**Northamptonshire learning disability 01604 891487** <http://northamptonshirelearningdisability.org/personal-support/> Cotton's Farmhouse, 28 Whiston Road, Cogenhoe, Northants, NN7 1NL [admin@cottonsfarmhouse.org](mailto:admin@cottonsfarmhouse.org)

**SIBS** 01535 645453 Support for siblings who had or have a brother or sister with any disability, long term chronic/terminal illness.

**Voice ability** 01604 592702 (Mon - Fri 9am to 5pm) [tvn@voiceability.org](mailto:tvn@voiceability.org) Northamptonshire, VoiceAbility, Unit F17, Moulton Park Business Centre, Redhouse Road, Moulton Park, Northampton, NN3 6AQ If you are being detained under a Mental Health Section, you are legally entitled to help and support from an Independent Mental Health Advocate.\*

### Debt

**National Debtline** 0808 808 4000 (freephone) Free confidential and independent advice on how to deal with debt problems. [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

**Community Law Northampton 01604 621038** Rushden 01933 313020 Wellingborough 01933 278248 health issues. Website: <http://www.communitylawservice.org.uk/> email: [enquiries@communitylawservice.org.uk](mailto:enquiries@communitylawservice.org.uk)

### Family support

**Young Minds Parent's** helpline: 0808 802 5554 <http://www.youngminds.org.uk/> Improving emotional wellbeing and mental health of CAYP

**Family lives** [0808 800 2222](tel:08088002222) [www.familylives.org.uk](http://www.familylives.org.uk) support for all aspects of family life including child development, issues with schools and parenting/relationship support.

**Family Support Link** 01933 224632 <http://familysupportlink.co.uk/> email: [fslcontact@yahoo.co.uk](mailto:fslcontact@yahoo.co.uk) Support for families living with those addicted to drugs or alcohol.

**Northamptonshire Carers** General enquiries: 01604 677837 Support line: 01604 677907

### Faith support

Premier Lifeline 0300 111 0101 For a Christian perspective [www.premier.org.uk/lifeline](http://www.premier.org.uk/lifeline)

### Gambling

**Aquarius Gambling Service 0300 456 4292** or [gambling@aquarius.org.uk](mailto:gambling@aquarius.org.uk). For 16yrs plus Our gambling intervention service offers a range of support to people affected by their own gambling or the gambling of a family member or partner. Support may be through 1:1 sessions or group sessions. Progressive session topics for people affected by their own gambling

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**Gamcare Support**, information and advice to anyone suffering a gambling problem, 0808 8020133 [www.gamcare.org.uk](http://www.gamcare.org.uk)

### Health

**First for Wellbeing - NCC** 0300 126 5000 health and support One Angel Square, Angel Street, Northampton, Northamptonshire NN1 1ED

### Housing

**Can housing support** 01604 250678 8 Billing Road, Can, Northampton, NN1 5AW [mark.byrne@can.org](mailto:mark.byrne@can.org) <http://aquarius.org.uk/about-us/can/> CAN provides supported housing in Northampton for single people in need of help to address issues affecting tenancy sustainment such as drug and alcohol problems.

**Care and Repair** (Northamptonshire) 01604 782250 <http://www.careandrepairnorthamptonshire.org.uk/>

Care and Repair offer a wide range of services - mainly to older people and/or disabled people living in the private sector housing, owner-occupiers or private tenants. 25 Tenter Rd, Moulton Park, NN3 6AX

### LGBTQ

**Lesbian Line - Northampton group** [www.lesbianline.co.uk](http://www.lesbianline.co.uk)

**Out there LGBTQ services** and groups (13-17yrs) Out there plus (18-25yr olds) 01604 622223 <http://thelowdown.info/issues/lgbtq/>

**Out, Proud & Equal in Northamptonshire (OPEN) 07877 825235** Helpline for lesbians, gay men, bisexuals, transsexuals, their partners and families. c/o Northampton Volunteering Centre, 15 St Giles St NN1 1JA

**Stonewall youth** [www.stonewall.org.uk](http://www.stonewall.org.uk) For help, guidance or further support and information about LGBTQ call our information service on 08000 50 20 20

**The LGBT and Q People's Forum** provides an inclusive and safe space for individuals who identify as lesbian, gay, bisexual, transgender or questioning, or who have an interest in LGBTQ equality. The Forum meets every 2 months on a Tuesday evening at 6.30pm.

### Legal advice

**Community Law** Northampton 01604 621038 Rushden 01933 313020 Wellingborough 01933 278248 health issues. Website:

<http://www.communitylawservice.org.uk/> email: [enquiries@communitylawservice.org.uk](mailto:enquiries@communitylawservice.org.uk)

**CAB Citizen Advice bureau** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) (National) <http://www.citacen.org.uk/> (for Central and East Northants)

<http://www.southnorthants.gov.uk/644.htm> (run by volunteers in South N'hants)

### Mental health

**CATSS (Crisis telephone support service)** Telephone: **0800 917 0464** Mon-Sun: 24 hours 365 days 24-hour a day telephone support service for people receiving support in Northamptonshire for mental health problems, their carers, families and friends. Our service helps when you feel unsafe, at risk, or unable to cope without support.

**Depression UK** National charity supporting people experiencing depression and those who care for them. Newsletters, pen and phone friend schemes, internet D-UK chat and information 0870 7744320 Information phone line [www.depressionuk.org](http://www.depressionuk.org) [info@depressionuk.org](mailto:info@depressionuk.org)

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**Mind Northampton: 01604 634310** <http://www.mind.org.uk/> Branches in Rushden, Wellingborough, Kettering, Corby, Daventry Support groups and free/low cost counselling for mental health and emotional issues <http://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/> W'boro: 01933 223591 Rushden 01933 312800 Kett: 01536 523216 Corby: 01536 267280 Daventry: 01327 879416 Towcester: 01327 354931

**Sane** 0300 304 7000 6pm – 11pm Helpline <http://www.sane.org.uk/> Emotional and mental health support

**Support Line 01708 765200** Confidential emotional support to children, young adults and adults [www.supportline.org.uk](http://www.supportline.org.uk) Useful links to other sites

**The Black Dog** No telephone helpline A supportive site for **men** who suffer depression [www.theblackdog.net](http://www.theblackdog.net)

**The Mix** 0808 808 4994 Text crisis support THEMIX to 85258 <https://www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger> Essential emotional support for under25s

### Pregnancy

**British Pregnancy Advisory Service (BPAS)** 03457 30 40 30 Abortion Care Service Maple Access Practice, 17-19 Hazelwood Rd, N'ton, NN1 1LG Help for those facing unplanned pregnancy, experiencing miscarriages or following abortion – signposting to free counselling and advice.

<https://www.bpas.org/>

**LIFE Pregnancy Care Service** tel: 0808 802 5433 Offers non-directive counselling for unplanned pregnancy, considering abortion or coping with the loss of a baby. [www.lifecharity.org.uk](http://www.lifecharity.org.uk)

**Miscarriage Association** <https://www.miscarriageassociation.org.uk/> 01924 200799 mon-fri 9am-4pm miscarriage, molar pregnancy or ectopic pregnancy, we hope this website will provide the information that you're looking for, support also for family, friends, colleagues

**Pregnancy Choices No helpline** – find nearest centres via website <http://www.pregnancychoicesdirectory.com/>

**SANDS Still & neonatal deaths 020 7436 5881** The death of a baby is a devastating experience. The effects of grief can be overwhelming, and in the early hours and days parents can be left feeling dazed, disorientated, isolated and exhausted. [www.uk-sands.org](http://www.uk-sands.org)

**Sexual health clinic Telephone: 01604 609766** Northampton General Hospital Area R Billing Road Cliftonville Northampton, NN1 5BD advice on abortion and referral their pregnancy options.

### Relationship support

**National & Local:** Relate National Helpline: 0300 100 1234 Northamptonshire: 01604 634 400 Relationship Counselling, Sex Therapy, Family Counselling Counselling for Young People, Telephone Counselling by Appointment, Counselling Service for Staff of an External Organisation [www.relate.org.uk](http://www.relate.org.uk)

<http://relatenorthants.org.uk/>

### Rape

**Northamptonshire Rape Crisis (NRC) National Helpline 0808 802 9999 Info/enquiries 01604 250721** N'ton helpline 0300 222 5930

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**National: Survive 0808 2000247** Information and support regarding rape, self-harm and suicide [www.survive.org.uk](http://www.survive.org.uk) A local charity run by women for women and girls who have experienced sexual violence, whether recently or in the past. [www.nricc.com](http://www.nricc.com)

### Sexual Health

**AIDS/HIV Unit Info 01604 637203** Northamptonshire Integrated Sexual Health (NISH) Northampton General Hospital Area R, Cliftonville, Northampton, NN1 5BD

**Sexual health clinic Telephone: 01604 609766** Northampton General Hospital Area R Billing Road Cliftonville Northampton, NN1 5BD for conception and STI advice and pregnancy and abortion referral

### Suicide support

**Samaritans 116 123** Free from landline or mobiles 24 hours a day/365 days a year Email support: [jo@samaritans.org](mailto:jo@samaritans.org) Reasons to call Samaritans are: Relationship and family problems, Loss, including loss of a job, a friend or a family member through bereavement, Financial worries, Job-related stress or overwork or college or study related stress, Body image issues. [www.samaritans.org](http://www.samaritans.org)

**Papyrus HOPELINE UK 0800 068 41 41** PYPYRUS is a voluntary UK organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing. [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Salvation Army: 020 7367 4500** [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk) Runs homes for the treatment of alcoholics and drug addicts.

**Survivors of Bereavement by Suicide (SOBS) 0300 111 5065 9.00am to 9.00pm** Office tel:0115 944 1117 Offers group meetings, telephone support and information to meet the needs and break the isolation of people bereaved by suicide. [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

**Stamp out Suicide** Information and poems, signposts to PYPYRUS and the Samaritans [www.stampoutsuicide.org.uk](http://www.stampoutsuicide.org.uk)

### Substance misuse

**Adfam enquiries/ info 02038179410** [www.adfam.org.uk](http://www.adfam.org.uk) Support for families affected by drugs and alcohol

**Al-anon confidential helpline 020 74030888** Al-Anon Family Groups believe alcoholism affects the whole family, not just drinker [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Alateen 020 75932070** teen section of al-anon [www.al-anonuk.org.uk/alateen](http://www.al-anonuk.org.uk/alateen)

**Alcoholics anonymous 0800 9177650** [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Aquarius UK 0300 4564292** for education and training to frontline staff, free alcohol, drugs and gambling support for people affected by own or someone else's. (Over 16s) [www.aquarius.org.uk/our-services/northamptonshire/](http://www.aquarius.org.uk/our-services/northamptonshire/) 81 St Giles Street, Northampton NN1 1JF

**Bridge 01604 621259** <http://www.bridge-northants.org.uk/> County support for substance misuse, particularly mental health 63c Gold Street, Northampton, NN1 1RA

**ChangeGrowLive (CGL)-Substance to Solution (S2S) 01604 211304** <http://www.changegrowlive.org/> A range of physical and psychological support regarding drugs/alcohol/domestic abuse, Spring House, 39 Billing Road, N'ton, NN1 5BA

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**Families Anonymous** 0845 1200 660 Drug addiction [www.famanon.org.uk](http://www.famanon.org.uk)

Friendly, confidential drugs advice.

**Lukeandmarcustrust** [www.lukeandmarcustrust.org.uk](http://www.lukeandmarcustrust.org.uk) For anyone fighting drug or addiction problems within their family or circle of friends and needs help, information, or just a shoulder to cry on.

**National : Narcotics Anonymous** – UK 0300 999 1212 Helpline 10am – midnight [www.sibs.org.uk](http://www.sibs.org.uk) NA is a non-profit fellowship for whom drugs had become a major problem. [www.ukna.org](http://www.ukna.org)

**National: Talk to Frank (Drugs)** 0300 123 6600 Text 82111 [email: frank@talktofrank.com](mailto:frank@talktofrank.com) website [www.talktofrank.com](http://www.talktofrank.com)

**NGAGE With Aquarius** is an early intervention drug and alcohol service for young people aged between 10yr-18yrs in Northamptonshire.

Our service provides **information, education, advice** and **support** to young people in relation to drug and alcohol use. **NGAGE is a free and confidential service.**

**Smartrecovery** [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk) Smart Recovery UK runs a network of self help/mutual aid meetings where, through open and confidential discussion participants help each other and themselves with recovery from any kind of addictive behaviour. Also online community of meetings. The purpose is to help individuals seeking abstinence from addictive behaviours to gain independence, achieve recovery and lead meaningful and satisfying lives.

### Transgender

**Gender identity clinic** Email: [genderclinic@nhft.nhs.uk](mailto:genderclinic@nhft.nhs.uk) Telephone: 01327 708147 Mon-Fri: 09.00-17.00 (Appointment only) Gender Clinic Danetre Hospital H Block London Road

Daventry Northants, NN11 4DY Northamptonshire Gender Identity Clinic (GIC) is one of 7 specialist clinics currently operating in England. We provide a service for people seeking support around their gender diversity

**Stonewall youth** [www.stonewall.org.uk](http://www.stonewall.org.uk) For help, guidance or further support and information about gender identity call our information service on: 08000 50 20 20

### Victim Support

**Victim support** UK Helpline: 0808 16 89 111 Voice (Victim Support Northants): 0300 303 1965 UK Helpline: 0808 16 89 111

**Voice** (Victim Support Northants): 0300 303 1965 [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-midlands/northamptonshire>

### Wellbeing

**Action for happiness support groups and wellbeing cafes** [www.actionforhappiness.org](http://www.actionforhappiness.org)

**First for Wellbeing - NCC** 0300 126 5000 health and support One Angel Square, Angel Street, Northampton, Northamptonshire NN1 1ED