

WHAT NEXT?



A guide to useful organisations and services, national and local to **WILTSHIRE**

PSYCHOLOGICAL SUPPORT

Relate

Counselling, support and information for all relationships. Website: www.relate.org.uk
National contact number: 0300 100 1234 Salisbury: 01305 262 285 Devizes: 0300 003 1781
Chippenham/Malmesbury: 0300 003 1781 Trowbridge: 0300 003 1781 Tidworth: 01225 35 0010
Swindon: 01242 523215

Cruse Bereavement Care

Bereavement support and counselling. Website: www.cruse.org.uk Email: helpline@cruse.org.uk
National contact number: 0844 477 9400 Salisbury: 01722 411938 West and North
Wiltshire/Devizes: 01761 417250 Swindon: 01793 619 933

Turning Point Wiltshire Substance Misuse Service

Integrated drug and alcohol recovery service offering support and information.
Website: <http://www.turning-point.co.uk/substance-misuse.aspx>
Email: wiltshireenquiries@turning-point.co.uk Salisbury: 0345 603 6993 Chippenham: 0345 603
6993 Trowbridge: 01225 718980

RASAC Wiltshire

Specialist counselling service for men and women who were sexually abused in childhood or adolescence. Free of charge for those registered with a GP in North and West Wiltshire and Devizes only. Website: www.revival-wiltshirerasac.org.uk Email: appointments@revival-wiltshirerasac.org.uk
Contact: 01225 751 568.

General counselling services:

Wiltshire Mind

One-to-one counselling and support groups. Contribution to any subsequent sessions depending on personal circumstances.
Website: www.wiltshiremind.co.uk Email: counselling@wiltshiremind.co.uk Contact: 01225 706 532.

Sarum Counselling

Please visit their website, choose a counsellor and contact them directly. They tend to offer flexible fees depending on personal circumstances. Based in Salisbury and South Wiltshire.
Website: www.sarumcounselling.co.uk Email: info@sarumcounselling.co.uk Contact: 07766 054864.

HELP Counselling Service

A counselling service based in Trowbridge. Website: www.helpcounselling.co.uk Email: helpcounselling@talktalkbusiness.net Contact: 01225 767459

Olive Branch Counselling

Counselling service in Chippenham and surrounding area. Website: www.olivebranchcounselling.org.uk
Email: mailto:olivebranch89@tiscali.co.uk Contact: 01249 443810

PLEASE TURN OVER FOR MORE SERVICES

WORK AND FINANCIAL ISSUES

Richmond Fellowship

Charity providing an employment advice and guidance service for people seeking work, training or voluntary roles and they also offer support to help people with a mental health problems who are experiencing difficulties at work. Website: <http://www.richmondfellowship.org.uk> Email: wiltshire@richmondfellowship.org.uk Wiltshire contact: 01380 722 800

National Debt Line

Advice and information around debt. Website: www.nationaldebtline.org Contact: 0808 808 4000.

Citizen's Advice Bureau

Advice and information on topics such as money, debt, housing, employment, benefits, and education. Website: www.cabwiltshire.org.uk Contact: 0844 3752775 (from landline), 0300 4568375 (from mobile)

Money Advice Service

Free and impartial money advice and guides to improve your finances: www.moneyadviceservice.org.uk

LEISURE, ACTIVITIES AND SOCIAL SUPPORT PROGRAMMES

Leisure centres

Visit <http://www.wiltshire.gov.uk> to find your local leisure centre and the facilities and activities on offer.

Health Trainers (Wiltshire Council)

Free practical one-to-one support for improving health and making positive life changes, such as building confidence, weight loss, healthy eating, stopping smoking, drinking less. Email: health.trainers@wiltshire.gov.uk Contact: 0300 0034566

Splitz

Wiltshire-based charity that offers a variety of support on domestic abuse, perpetrator support, young people's support, parenting and befriending. Website: www.splitz.org Contact: 01225 775276.

Volunteering

www.do-it.org is a good starting point to search for volunteering opportunities near you.