



YES SIGNPOSTING LIST

(Correct as of June 2024)

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GENERAL SUPPORT ORGANISATIONS

- Citizens Advice
<https://www.citizensadvice.org.uk/>
- NHS 111
<https://www.111.nhs.uk>
- Samaritans
<https://www.samaritans.org/>
116 123
jo@samaritans.org (may be several days before reply)
- Hub of Hope
<https://hubofhope.co.uk/>
A directory of organisations for a wide range of problems
- Childline
<https://www.childline.org.uk/>
0800 1111

GENERAL MENTAL HEALTH

- Mind Infoline
<https://www.mind.org.uk/information-support/helplines/>
0300 123 3393
Mon-Fri 9am to 6pm
info@mind.org.uk
- Buckinghamshire Talking Therapies (was Healthy minds)
<https://www.oxfordhealth.nhs.uk/bucks-talking-therapies/>
01865 901600
Mon-Thu 7am to 7.30pm
Fri 7am to 5pm
Text TALK and your name to 07798 667169
- Buckinghamshire Mind
<https://www.bucksmind.org.uk/services/>
01494 463364
Mon- Fri 08:30 to 16:00



PRACTICAL SUPPORT

Sexual health

- Bucks Sexual Health & Wellbeing
<https://sexualhealthbucks.nhs.uk/>
0300 303 2880

Housing

- Aylesbury Homeless Action Group (AHAG)
<https://www.ahag.org.uk/>
01296 435026
info@ahag.org.uk
- Wycombe Homeless Connection
<https://wyhoc.org.uk/>
01494 447699
contact@wyhoc.org.uk
- Homeless Oxfordshire
<https://homelessoxfordshire.uk/>
0300 500 0914
- StreetLink
<https://thestreetlink.org.uk/>
- P3 (People, Potential, Possibilities)
<https://www.p3charity.org/get-help>
0808 164 1810 (Bucks Housing Support Service)
info@p3charity.org

Careers & work

- Routes to work
<https://oasispartnership.org/projects/routes-to-work/>
0300 6662747
info@oasispartnership.org
- Princes Trust
<https://www.princes-trust.org.uk/>
Confidence, careers, skills for young people



Finance

- Bucks Council Helping Hand
<https://www.buckinghamshire.gov.uk/cost-of-living/contact-helping-hand/>
- CAP debt help
<https://capuk.org/>
01274 760720
info@capuk.org
- StepChange debt charity
<https://www.stepchange.org/how-we-help/debt-advice.aspx>
0800 138 1111
Mon-Fri 8am to 8pm and Sat 9am to 2pm
- Mind – money and mental health
<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/>

Food Banks

- Wycombe Food Hub
<https://wycombefoodhub.org>
01494 913626
- One Can Trust
<https://onecantrust.org.uk/>
01494 512 277
Mon-Fri 9am to 3pm
office@onecantrust.org.uk
- FoodCycle
<https://foodcycle.org.uk/location/foodcycle-high-wycombe/>
highwycombe@foodcycle.org.uk

Multiple services & other practical support

- Connection Support
(housing and finance)
<https://www.connectionsupport.org.uk/>
01296 484322
bucksenquiries@connectionsupport.org.uk



- Removal of sexual images shared online without consent
<https://swgfl.org.uk/assets/documents/hate-speech.pdf>
<https://revengepornhelpline.org.uk/>
0345 6000 459
help@revengepornhelpline.org.uk
- Action 4 Youth – The Junction
(multi service drop-in youth centre)
<https://www.action4youth.org/the-junction/>
0300 003 2334
office@action4youth.org
- Cranstoun
(Alcohol, drugs, domestic abuse, housing, criminal justice)
<https://cranstoun.org/who-we-are/our-story/>
020 8335 1830
info@cranstoun.org.uk

LOCAL SUPPORT FOR SPECIFIC CONDITIONS

- Bucks Vision
(visual impairment)
<https://www.bucksvision.co.uk/>
01296 487 556
reception@bucksvision.co.uk

MALE SPECIFIC SUPPORT

- Campaign Against Living Miserably (CALM)
(suicide prevention)
<https://www.thecalmzone.net/>
Helpline - 0800 58 58 58
5pm to midnight
- Men Can Heal
(emotional support)
<https://men-can-heal.org/>
Aylesbury Library, last Saturday of month 9:45am to 10:45am
mencanhealbookings@protonmail.com



- ManKind
(male victims of domestic abuse)
<https://mankind.org.uk/>
0808 8001170
- Men's Advice Line
(male victims of domestic abuse)
<https://mensadviceline.org.uk/>
0808 8010327
- SAM project
(support for men after sexual assault and domestic abuse)
<https://samproject.org.uk/>
01296 392468 / 01908 201971
support@samproject.org.uk

DOMESTIC ABUSE

- Sexual Assault & Abuse Support Service
<https://saassbmk.org.uk/>
Bucks - 01296 392468
Milton Keynes - 01908 201971
support@saassbmk.org.uk
- Respect
(for domestic abuse perpetrators)
<https://www.respect.org.uk/pages/42-work-with-perpetrators>
0808 802 4040
- Wycombe Women's Aid
<https://www.wycombewomensaid.org.uk/>
Refuge - 01494 461367
Community Based Services - 01494 449922
- Bucks Domestic Abuse Services
<https://bucksdaservices.co.uk/>
enquiries@bucksdaservices.co.uk
- National Domestic Violence Helpline
<https://www.ncdv.org.uk/domestic-abuse-help/>
0808 2000 247



AUTISM

- Stay OK
(help and information about how to stay safe in lots of different situations)
<https://stayok.uk/>
(website produced by Buckinghamshire Council in partnership with Talkback)
- Talkback
(age 16 years plus, various support)
<https://talkback-uk.com/>
- Autism Bucks
<https://autism-bucks.charity/>
- South Bucks branch National Autism Society
<https://www.autism.org.uk/what-we-do/branches/south-buckinghamshire-southbuckinghamshire.branch@nas.org.uk>

LOCAL LGBT SUPPORT

- Aylesbury Vale LGBT Social Group
<https://aylesburyvalelgbt.co.uk/>
- LGBT Bucks
<https://lgbtbucks.org/>
hello@lgbtbucks.org
- Qalliance
<https://www.qalliance.org.uk/>

FAMILY SUPPORT

- Barnardo's
<https://www.barnardos.org.uk/?ref=85822>
- Brighter Futures Together
<https://brighterfuturestogether.org.uk/>
- Family Information Service
<https://familyinfo.buckinghamshire.gov.uk/>



- Family Support Service
<https://familyinfo.buckinghamshire.gov.uk/familysupport/get-help/>
01296 383293
- Circle of Security
<https://www.circleofsecurityinternational.com/circle-of-security-model/what-is-the-circle-of-security/>

SOCIAL SUPPORT GROUPS

- Renew Wellbeing (at St Andrew's Church)
<https://www.renewwellbeing.org.uk/our-centres/east/559-buckinghamshire-high-wycombe>
01494 529 668
Wed 9.30am to 11.30am

NON-CATEGORISED

- Victim Support
<https://www.victimsupport.org.uk/>
0808 1689 111
- Victims First
<https://www.victims-first.org.uk/>
0300 1234 148
- Safe
(young people affected by crime)
<https://www.safeproject.org.uk/>
0800 133 7938
- CHAT
(families with children who have special needs)
<https://www.chat-charity.org.uk/>
07402 063133
office@chat.org.uk
- Mediation Bucks
(for disputes between family, community, neighbour, workplace, victim / offender)
<http://www.mediationbucks.org.uk/>
01494 520821



Youth Enquiry Service (Wycombe)

Charity No: 1129013 | Company No: 06831291

If you need to talk, **we're here for you.**

- Young Carers Bucks
<https://carersbucks.org/information-for-carers/young-carers/>
0300 777 2722
youngcarers@carersbucks.org
- Children Missing Education
<https://www.buckinghamshire.gov.uk/schools-and-learning/school-attendance-and-supporting-children-in-education/refer-a-child-not-receiving-a-formal-education-to-us/>
01296 383 098 / 01296 382 091
- Red Cross Refugee & Migrant Helpline
<https://www.redcross.org.uk/get-help/get-help-as-a-refugee>
0300 333 5393
- Refugee Council
<https://www.refugeecouncil.org.uk/get-support/services/infoline/>
0808 196 7272
- National Youth Advocacy Service
<https://www.nyas.net/>
0808 808 1001
help@nyas.net
- Modern Slavery helpline
(part of anti-slavery charity Unseen)
<https://www.modernslaveryhelpline.org/>
08000 121 700



MENTAL HEALTH AND COUNSELLING

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SUICIDALITY

- Campaign Against Living Miserably (CALM)
<https://www.thecalmzone.net/>
Helpline - 0800 58 58 58
Every day 5pm to midnight
- SANEline
<https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>
0300 304 7000
Every day 4pm to 10pm
- PAPYRUS
(Under 35 with thoughts of suicide)
<https://www.papyrus-uk.org/>
Hopeline247 - 0800 068 41 41
Text - 88247
pat@papyrus-uk.org
- Safe Haven
(alternative to A&E for people experiencing mental health crisis)
<https://www.bucksmind.org.uk/services/safe-haven/>
01494 218098
Every night 6pm to midnight
260 Desborough Road, High Wycombe, Buckinghamshire, HP11 2QR
buckssafehaven@oxfordhealth.nhs.uk

BEREAVEMENT

- Cruse
<https://www.cruse.org.uk/>
0808 808 1677
- Child Bereavement UK
(for children and families when a child grieves or when a child dies)
<https://www.childbereavementuk.org/>
0800 02 88840
- SOBS (Survivors of Bereavement by Suicide)
<https://uksobs.com/>
0800 111 5065



TARGETED GROUPS

- Rethink - asian language mental health line
<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline/>
0808 800 2073
- Muslim Youth Helpline
<https://myh.org.uk/>
(live chat on website)
0808 808 2008
- Men Can Heal
(emotional support)
<https://men-can-heal.org/>
Aylesbury Library, last Saturday of month 9:45am to 10:45am
mencanhealbookings@protonmail.com
- Growing Hope
(therapy for children & young people with additional needs)
<https://growinghope.org.uk/high-wycombe/>
07759 988901
highwycombe@growinghope.org.uk

YOUNG PEOPLE & PARENTS

- The MIX
(information and advice for under 25s)
<https://www.themix.org.uk/about-us>
General - 0808 808 4994
Crisis Messenger – text THEMIX to 85258
- KOOTH
www.kooth.com
- Young Minds
<https://www.youngminds.org.uk/>
- Buckinghamshire Mind - Children & Young people resources
<https://www.bucksmind.org.uk/resources-for-children-and-young-people/>
01494 463364



- Young Minds parent helpline
<https://www.youngminds.org.uk/>
0808 802 5544
Mon-Fri 9:30am to 4pm
- SHOUT
(24/7 text messaging service for anyone who is struggling to cope)
Text SHOUT to 85258
- Health For Teens
<https://www.healthforteens.co.uk/?location=Buckinghamshire>
07312 263295
- CAMHS
<https://www.oxfordhealth.nhs.uk/camhs/contacts/bucks/>
01865 901 951
BucksCAMHSSPA@oxfordhealth.nhs.uk

SEXUAL ASSAULT OR ABUSE

- SAM project
(support for men after sexual assault and domestic abuse)
<https://samproject.org.uk/>
01296 392468 / 01908 201971
support@samproject.org.uk
- SASH
(support to children and young people who have experienced domestic abuse or sexual harm)
<https://sashbucks.org.uk/>
07546 561186
- Sexual Assault & Abuse Support Service
<https://saassbmk.org.uk/>
Bucks - 01296 392468
Milton Keynes - 01908 201971
support@saassbmk.org.uk
- Into The Light
(counselling and resources for survivors of sexual abuse)
<https://www.intothelight.org.uk/>



DRUGS & ALCOHOL RECOVERY

- One Recovery Bucks
(ages 18+)
<https://onerecoverybucks.org/>
0300 772 9672
orb@mpft.nhs.uk
- Here4YOUth
(Cranstoun / Switch)
(drug and alcohol service for children and young people)
<https://cranstoun.org/help-and-advice/young-people/switch-bucks/>
The Junction (HP11 2DH) – Tue 4pm to 6.30pm
The Roundhouse (HP11 2HE) – Thu 5pm to 8pm and Sat 11am to 2pm
01494 527 000
info@cranstoun.org.uk

SPECIFIC MENTAL HEALTH CONDITIONS

- Anxiety UK
<https://www.anxietyuk.org.uk/>
24/7 Self-care infoline - 03444 775 774
- No Panic
<https://nopanic.org.uk/the-no-panic-helpline/>
Helpline – 0300 772 9844
Every day 10am to 10pm
Overnight recorded breathing exercise - 01952 680835
- OCD action
<https://ocdaction.org.uk/i-need-support/getting-support/>
0300 636 5478
Mon-Fri 9.30am to 8pm
support@ocdaction.org.uk
(usually call back or email within a couple of days)
- BEAT (eating disorders)
<https://www.beateatingdisorders.org.uk/>
0808 801 0677
help@beateatingdisorders.org.uk



OTHER COUNSELLING

- British Association for Counselling & Psychotherapy (BACP)
<https://www.bacp.co.uk/>
- Counselling Directory
<https://www.counselling-directory.org.uk/>
- Psychology Today
<https://www.psychologytoday.com/gb>
- Relate
<https://www.relate.org.uk/>
0300 003 2324