

Reform Judaism Mental Health and Wellbeing Directory

This Directory lists to a variety of National and Jewish charities offering mental health support, to enable Reform Communities to share information with members and signpost people to appropriate services.

If you would like to add or amend any information, to join our Networking Group, or to discuss how we can support your community please email CareInitiative@rjuk.org

IN AN EMERGENCY

For life-threatening emergencies call **999 for an ambulance**, or go to an **A&E** department

For urgent care call **NHS 111** or call your **GP** and ask for an emergency appointment

Samaritans (suicide prevention) helpline open 24/7 Call **116 123**

Child Line (free, confidential help for children) Call **0800 1111**

Silverline (free, confidential help for older people) Call **0800 4 70 80 90**

NHS Mental Health Services

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>

Information about how to access mental health services, deal with a mental health crisis, child and adolescent mental health services (CAMHS).



REFORM JUDAISM

**Communities that
Care Initiative**

CONTENTS

A. Emergency contacts	1
B. Services	
1. Mental health – national charities and organisations	3
2. Addictions	4
3. Anxiety	4
4. Bereavement	5
5. Children, youth	5
6. Crime (Rape, sexual and domestic violence)	6
7. Dementia	7
8. Depression and mood Disorders	7
9. Eating Disorders	7
10. Learning disabilities and Autism	8
11. LGBTQ+	8
12. Suicide prevention helplines	9
C. Jewish Charities and organisations	10
D. Information	11
E. Self-care	12
F. Finding a counsellor	13



**Communities that
Care Initiative**

B: SERVICES

1. Mental health

The Hub of Hope hubofhope.co.uk
A comprehensive national database of mental health services.

- **C.A.L.M** www.thecalmzone.net
Helpline is open 5pm-midnight, 365 days per year: Outside London: 0800 58 5858; London: 0808 802 5858.
Free, confidential helpline and web chats for men aged 15-35, and support for those bereaved by suicide.
- **Family lives** www.familylives.org.uk
A national parenting support charity, that provides emotional support, information, advice and guidance on all aspects of family life.
- **Jami** www.jamiuk.org
A Jewish mental health charity providing educational workshops, befriending and support during recovery.
- **Mind** www.mind.org.uk
A national mental health charity with a website providing A-Z of Mental Health, information and support and ways of finding your nearest Mind.
- **Papyrus** www.papyrus-uk.org; pat@papyrus-uk.org
HOPELine: 0800 068 4141 (Weekdays: 10am – 10pm; Weekends: 2pm – 10pm; Bank Holidays: 2pm – 5pm),
or text 07786 209697
A national charity for the prevention of young suicide, providing confidential support and advice to young people or anyone worried about a young person (parents, carers, teachers, friends).
- **Relate** www.relate.org.uk
A UK organisation providing relationship support, including counselling and help with separation and divorce.
- **Rethink** www.rethink.org
Support, services, information and rights for people severely affected by mental health challenges, including support to family, carers and friends (carers' hub).
- **Samaritans** www.samaritans.org.uk; email jo@samaritans.org
Helpline: 116 123 24/7 help for those experiencing distress/despair
- **Sane** www.sane.org.uk/support
SANELine: 0300 304 7000 open 4.30 – 10.30pm daily.
A charity offering emotional support, information and guidance to people affected by mental illness, families and carers.
- **Silverline** www.thesilverline.org.uk
24 hour helpline: 0800 470 8090, providing information, friendship and advice to older people every day of the year.

2. Addictions

- **Addiction Helper** www.addictionhelper.com
Helpline: 0800 804 4755. Offers help and support with drug and alcohol rehabilitation treatment options.
- **Alcoholics anonymous** www.alcoholics-anonymous.org.uk
Or email help@aamail.org Helpline: 0800 9177 650
Offers a programme to support recovery and continued sobriety from alcohol addiction.
- **Amy Winehouse Foundation** www.amywinehousefoundation.org
Offers support and information about substance misuse for young people.
- **Narcotics anonymous** www.ukna.org Helpline open 10am- midnight: 0300 888 1212. Offer help with addiction to any kind of drugs.
- **National gambling helpline** www.begambleaware.org
Helpline open 8am – midnight 0808 802 0133
Offer help, support and advice about problem gambling.
- **Sex Addicts anonymous** www.saauk.info
Helpline 07599 917 686 for those seeking recovery from sex addiction.

3. Anxiety

- **Anxiety UK** www.anxietyuk.org.uk
A charity offering support for people living with anxiety, stress and anxiety based depression.
- **No Panic** www.nopanic.org.uk
An organisation providing help, resources and information to people suffering from anxiety disorders.
- **OCD Action** www.ocdaction.org.uk
A charity providing support and information to those affected by obsessive-compulsive disorder.
- **OCD UK** www.ocduk.org
A charity for people suffering with obsessive-compulsive disorder, run by people with obsessive-compulsive disorder.

4. Bereavement

- **C.A.L.M.** www.thecalmzone.net or call **0800 58 5858** (5pm-midnight). Provides a free, confidential helpline and web chats for young men bereaved by suicide.
- **Child Bereavement UK** www.childbereavementuk.org Telephone: 0800 028 8840. Supports families facing bereavement when a child dies or is dying, and supports children when facing bereavement.
- **Cruse Bereavement Care** www.crusebereavementcare.org.uk call **0808 808 1677**. Offers support advice and information to children, young people and adults when someone dies.
- **Grief encounter** www.griefencounter.org.uk Helpline: **0808 802 0111**. Offers support to bereaved children and their families.
- **Hope again** www.hopeagain.org.uk Email: hopeagain@cruse.org.uk or call **0800 808 1677**. Support for young people after loss.
- **Jewish Bereavement and Counselling Service:** [http://jbcs.org.uk/](http://jbcs.org.uk) Email: enquiries@jbcs.org.uk or call **0208 951 3881**

5. Children, youth and young adults

Many organisations listed in other sections will also work with children and young people.

- **Amy Winehouse Foundation** www.amywinehousefoundation.org Offers support and information about substance misuse for young people, including a find help directory
- **Anna Freud Centre: On my mind** www.annafreud.org/on-my-mind/self-care The website offers support, resources and self-care activities.
- **C.A.L.M.** www.thecalmzone.net Provides a free, confidential helpline and web chats for men aged 15-35.
- **Child Bereavement UK** www.childbereavementuk.org Helpline **0800 028 8840**. Supports families and children when facing bereavement.
- **Childline** www.childline.org.uk Free phone: **0800 1111**. Offers a 24-hour counselling service, help and advice for young people on a range of topics.
- **Cruse Bereavement Care** www.crusebereavementcare.org.uk Free helpline **0808 808 1677** Offers support, advice and information to children and young people when someone dies.
- **Grief encounter** www.griefencounter.org.uk Helpline: **0808 802 0111**. Offer support to bereaved children and their families.

- **Hope again** www.hopeagain.org.uk
Free national helpline: **0800 808 1677**. Offers support to young people after loss.
- **Kooth** www.kooth.com
Offers free, anonymous on-line support, counselling and resources for young people.
- **MeeTwo** www.meetwo.co.uk
An app for teenagers that provides peer support, expert help, educational and creative resources, plus a good directory of charities and helplines.
- **Men's health forum** www.menshealthforum.org
The charity provides information aimed at improving the health of boys (and men).
- **NHS Go** www.healthylondon.org
A free health app designed for young people by young Londoners.
- **Nightline Association** www.nightline.ac.uk
Offers listening, emotional support and information run by students for students.
- **No Panic** www.nopanic.org.uk
Youth helpline: **0330 606 1174**. Offers youth help with OCD, panic attacks and phobia.
- **Rape Crisis** www.rapecrisis.org.uk
Offers emotional support, information and self-help tools for girls and women.
- **Terapia** <http://terapia.co.uk/therapeutic-services/>
offers low cost counselling for children and young people
- **Young Minds:** <https://youngminds.org.uk>
The charity offers information, 'Find Help' on symptoms, conditions and resources for young people's mental health.

6. Crime (Rape, sexual assault and domestic abuse)

- **Jewish Women's Aid** www.jwa.org.uk
Domestic abuse helpline: **0808 801 0500**, Sexual violence support line: **0808 801 0656**.
Offers support to Jewish women and children affected by domestic and sexual abuse and violence.
- **Rape Crisis** www.rapecrisis.org.uk
Offers emotional support, information and self-help tools for women and girls.
- **Victim Support** www.victimsupport.org.uk
24/7 helpline: **0808 168 9111**. A national charity that offers support to people affected by crime or traumatic events.

7. Dementia

- **Alzheimer's society** www.alzheimers.org.uk

Provides advice on symptoms and diagnosis, types of dementia and support for sufferers and carers.

- **Jewish Care** www.jewishcare.org/

Offers specialist support and advice for people with Dementia and their carers

8. Depression and mood disorders

- **Bipolar UK** www.bipolaruk.org.uk or call 0333 323 3880.

Offers information on how to get a diagnosis, medical treatment, peer support and support groups.

- **Mind** www.mind.org.uk

A national mental health charity, that offers a range of information on all aspects, and types of depression. It also lists local Mind associations.

- **Students Against Depression** www.studentsagainstdepression.org

Offers information and resources validated by health professionals alongside tips and advice for students who have experienced depression themselves.

- **YoungMinds Parents' Helpline**

www.youngminds.org.uk/find-help/for-parents

Offers free confidential online and telephone support to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

9. Eating Disorders

- **Anorexia and Bulimia Care (ABC)** www.anorexiabulimiacare.org.uk

A national eating disorder organisation, which provides personal advice and support to anyone affected by eating disorders and all kinds of eating distress. Organisation offers support to sufferers, family and friends.

- **Beat** www.b-eat.co.uk

3 helplines: 0808 801 0677; Youth line: 0808 801 0711 and Student line: 0808 801 0811

Offers support with eating disorders through a directory of eating disorder services (including NHS Centres, therapists, private clinics and support groups locally).

- **Men Get Eating Disorders Too** www.mengetedstoo.co.uk

A website for men who have been affected by eating disorders, provides a platform for men's voices, and a space where they can offer and receive peer support.

10. Learning disabilities and Autism

- **JWeb** www.jweb.org.uk Helpline: 0300 222 5949
A Jewish information service focused on learning disabilities. The website includes services, information and community events.
- **Kisharon** <http://www.kisharon.org.uk/>
Offers support for Jewish children and adults with learning disabilities
- **Langdon** www.langdonuk.org
An organisation that supports Jewish people with learning disabilities to lead independent and fulfilling lives.
- **Mencap** www.mencap.org.uk
Offers support for people with learning disabilities, their families and carers in any area of a person's life where they need support.
- **National Autistic Society** www.autism.org.uk/services
Offers diagnostic services, as well as support for people with autism in schools, colleges and the community.
- **Norwood** <https://www.norwood.org.uk/>
Supporting Jewish children, families and people with learning disabilities and autism

11. LGBTQ+

- **Keshet** www.keshetuk.org
The organisation works with schools, youth and young adult organisations, synagogues and the wider community to ensure Jewish LGBTQ+ people and their families are included throughout Jewish life in the UK.
- **LGBTQ Foundation** www.lgbt.foundation
Helpline: 0345 330 3030. A national charity delivering advice, support and information to LGBTQ communities.
- **RUComing out** www.rucomingout.com
A website with 300 real life stories, interviews with public figures, actors etc. of experiences with coming out.
- **The Proud Trust: home of LGBT+ youth** www.theproudtrust.org
Provides information, local youth groups, training and education.
- **Stonewall** <https://www.stonewall.org.uk/>
Promoting inclusion and acceptance, offers advice and information
- **Transtorah.org** www.transtorah.org
Supports people of all genders to fully access and transform Jewish tradition, and helps Jewish communities to be welcoming sanctuaries for people of all genders.

12. Suicide prevention helplines

- **Jewish Helpline** <http://www.jewishhelpline.org/> **0800 652 9249**

Offers support for those feeling lonely, anxious, depressed or suicidal. Sunday – Thursday 12pm– midnight.

- **Papyrus** www.papyrus-uk.org HOPELine: 0800 068 4141 open 10-10pm daily, weekends 2-5pm.

Provides advice and information for parents, carers, teachers, professionals and friends of young people at risk of suicide.

- **Samaritans** www.samaritans.org.uk

Helpline: 116 123. Samaritans provides 24/7 help for people experiencing distress and despair.

- **Sane** www.sane.org.uk/support

SANELine: is open 4.30-10.30pm daily: 0300 304 7000

Sane is a mental health charity that offers emotional support, information and guidance for people affected by mental illness, their families and carers.

- **YoungMinds Parents' Helpline**

www.youngminds.org.uk/find-help/for-parents/parents-helpline/

Helpline: 0808 802 5544 (Weekdays 9:30 -16:00)

Online and telephone support to adults worried about the behaviour and mental health of a child or young adult.

C: Jewish Charities and organisations

- **Gateways at JW3** <https://jw3.org.uk/gateways>

Provides viable alternatives to young Jewish people who are struggling to function within mainstream school.

- **Jami** www.jamiuk.org 0208 458 2223

A mental health charity for the Jewish community that provides educational workshops, befriending and support during recovery.

- **Jewish Bereavement and Counselling Service:** <http://jbcs.org.uk/>

Provides specialist bereavement counselling

- **Jewish Care:** <https://www.jewishcare.org/> 0208 922 2000

Delivers health and social care to Jewish people in London and the South East

- **Jewish Helpline:** <http://www.jewishhelpline.org/> 0800 652 9249

Offers support for those feeling lonely, anxious, depressed or suicidal. Sunday – Thursday 12pm– midnight.

- **JWeb** www.jweb.org.uk

Website provides information on learning disabilities.

- **Jewish Women's Aid** www.jwa.org.uk

Organisation supports Jewish women and children affected by domestic and sexual violence.

- **Hamakom** www.hamakom.org.uk

Information on Jewish Mindfulness, Mediation and Spirituality.

- **Langdon** <https://langdonuk.org>

Supports Jewish people with learning disabilities to lead independent and fulfilling lives.

- **Nightingale Hammerson** <https://nightingalehammerson.org/>

Provides residential care for the elderly in North and South London

- **Norwood** <https://www.norwood.org.uk/>

Supporting Jewish children, families and people with learning disabilities and autism

- **Raphael Jewish Counselling** <https://www.raphaeljewishcounselling.org/>

Telephone 0800 234 6236

Offers individual and couples counselling in London, the Home Counties and the Redbridge area.

- **The Fed** www.thefed.org.uk

Social care charity for Greater Manchester Jewish Community.

D: Further Information

NICE guidelines

<https://www.nice.org.uk/guidance/published?type=apg.csg.cg.mpg.ph.sg.sc.dg.hst.ipg.mtg.qs.ta>

Outline best practice for mental health conditions – search by condition

- **Amy Winehouse Foundation** <https://amywinehousefoundation.org>
Website provides information and support about substance misuse for young people, plus a Find Help directory.
- **Family Lives** www.familylives.org.uk
Charity provides information, advice and guidance on parenting and all aspects of family life.
- **Grief Works** <https://www.griefworks.co.uk>
Stories of Life, Death and surviving by psychotherapist Julia Samuel
- **Men's health forum** www.menshealthforum.org
Website provides information and Toolbox kits on how to quit smoking, improve sleep, eat well and manage anger.
- **Mental Health Foundation** www.mentalhealth.org.uk
Website provides comprehensive information and practical advice on mental health issues.
- **Mental Health First Aid England** <https://mhfaengland.org>
Provides MH first aid training skills for the workplace, universities, schools and colleges.
- **Mind** www.mind.org.uk
Website provides an A-Z of Mental Health, information and support and ways of finding your nearest Mind.
- **NHS 5 ways to wellbeing**
<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
Suggestions on 5 steps that can improve our mental wellbeing, plus audio guides to boost your mood.
- **Rethink** <https://www.rethink.org>
Organisation provides information on severe mental health challenges to those suffering, family, friends and carers.
- **Sane** www.sane.org.uk/support
The charity provides information and guidance for people affected by mental illness, families and carers.
- **NHS Moodzone** <https://www.nhs.uk/conditions/stress-anxiety-depression>
Webpages provide real stories, and mental wellbeing audio guides on common mental health problems.
- **Thinkwell**
<https://www.schoolworkshops.com/Pixel-Learning/ThinkWell--Mental-Health--Wellbeing>
Offer workshops on mental health and demystifying stigma.

E: Self-care

- **Action for Happiness** www.actionforhappiness.org/about-us

Website offers events, courses and actions for people wanting to build a happier and more caring society.

- **Anna Freud Centre: On my mind** www.annafreud.org/on-my-mind/self-care

The website offers support, resources and self-care activities.

- **Hamakom** www.hamakom.org.uk

Provides information about courses and retreats Jewish Mindfulness, Meditation and Spirituality.

- **Headspace** www.headspace.com

Website has online meditations to help with anxiety, sleep and stress.

- **Men's health forum** www.menshealthforum.org

Website provides Toolbox kits on topics such as how to quit smoking, improve sleep, eat well and manage anger.

- **MindShift** www.anxietybc.com/resources/mindshift-app

Online resources to help young people to cope with anxiety by teaching them how to relax, develop more helpful ways of thinking and identify active steps to help take charge of anxiety.

- **MoodKit** www.thriveport.com/products/moodkit/

An NHS approved app that uses CBT principles to help people with depression and anxiety manage and track their moods. It has a thought tracker and wellbeing activities.

- **NHS 5 ways to wellbeing**

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Webpages give information on 5 steps that can improve our mental wellbeing, plus audio guides to boost your mood.

- **NHS Moodzone**

<https://www.nhs.uk/conditions/stress-anxiety-depression>

Webpages provide information about common mental health problems, what you can do now, real stories and mental wellbeing audio guides.

- **Relate** www.relate.org.uk

Provide help pages with practical tips, guides and videos to manage common relationship issues.

- **Youthhealthtalk!** www.healthtalk.org

Website with video interviews of young people's real life experiences of health and lifestyle – for example: young people talk about their experiences of depression and eating disorders.

- **Where's your head at?**

<http://www.wheresyourheadat.org/podcast/>

Website provides information and advice on mental health in the workplace, research articles and podcasts by famous people from many walks of life that talk about mental health challenges (past and on-going).

F: Finding a counsellor

- **British Association for Behavioural and Cognitive Therapists** www.babcp.com
- **British Association of Counselling and Psychotherapy** www.bacp.co.uk/search/Therapists
- **British Psychological Society** www.bps.org.uk/bpslegacy/dcp
- **Counselling Directory** www.counselling-directory.org.uk
- **Jewish Bereavement and Counselling Service** enquiries@jbc.org.uk or call 0208 951 3881
- **Raphael Jewish Counselling Service** www.raphaeljewishcounselling.org/
(Offers low-cost counselling)
- **Relate** www.relate.org.uk
- **Terapia** <http://terapia.co.uk/therapeutic-services/>
(offers low cost counselling for children and young people)
- **UK Council for Psychotherapy** www.psychotherapy.org.uk/find-a-therapist