

Safeguarding - helplines and information (Sheffield and UK):

**If a child or adult is in immediate danger requiring urgent response, call 999 or go to A&E.
If unsure, call 111 for advice or book a GP appointment.**

Why this is here: I am very happy to discuss working with you if you choose my hypnotherapy services, but of greater concern is that you are OK. If you are facing critical issues, this page may help you find what you need.

The information on this page was current when gathered but may change. All visitors to this page and the Refresh Hypnotherapy website are responsible for their own physical and mental health.

HELPLINES for mental health support and suicide prevention:

Samaritans: 116 123 (open 24/7)

- <https://www.samaritans.org/how-we-can-help/>

Sheffield Rethink Helpline: 0808 801 0440 (24/7, aged 16 and over)

- <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/sheffield-helpline/>
Emotional support and information for people affected by mental illness, who live in Sheffield or are under the care of Sheffield Health & Social Care NHS Foundation Trust.
- We aim to answer your call within 3 rings, if we are busy, please do try again. Calls to our number are free from landlines and mobile phones. Our number will not show on your bill.
- If English is not your first language, we can arrange to speak to you in your own language through an interpreter.

National Suicide Prevention UK: 0800 689 5652 (open 24/7)

- A helpline offering a supportive listening service to anyone with thoughts of suicide, or who is supporting someone who is suicidal.

No Panic Youth Helpline: 0330 606 1174 (Mon-Wed 3-6pm, Fri 3-6pm or Thurs 3-8pm, Sat 6-8pm)

- www.nopanic.org.uk - Service for 13-20 year olds who need help with anxiety, panics, phobias, obsessive compulsive disorder or any other anxiety related problems. Email support is also available sarah@nopanic.org.uk

Papyrus: call 0800 068 4141 or text 0778 6209697 (every day, 365 days a year, 9am – 12 midnight)

- A charity dedicated to the prevention of young suicide with a specialist telephone service called HOPELINEUK - Papyrus's digital platform that offers support, practical advice and information to young people under the age of 35 who are experiencing thoughts of suicide, or anyone who is concerned that a young person could be thinking about suicide. www.papyrus-uk.org

National Domestic Abuse helpline: 0808 2000 247 (24 hr, BSL interpreter Mon-Fri 10am – 6pm.)

- <https://www.nationaldahelpline.org.uk/Contact-us>

Womankind: 0345 458 2914 (aged 16+ - Mon and Tues: 10am-12noon/1-3pm/8-10pm. Wed: 10am-12noon/1-3pm, Thurs and Fri: 10am-12noon).

- <https://www.womankindbristol.org.uk/helpline/> Women supporting women. Any woman, girl or non-binary person in need of a 'listening ear' can call us or use the webchat. If your first language isn't English, the webchat offers automatic translation so you can talk to us in your own language. Whatever you are feeling, or whatever has happened, we will believe you and will be there for you.

Breaking the Silence: 01274 497535 (males of Asian, African and African-Caribbean origin, age 13+, 3-8pm Mon-Thurs)

- <http://www.breaking-the-silence.org.uk/> We provide a completely confidential counselling service. As Black and Asian men, we understand why you're scared to tell anyone. We can help. Email: info@breaking-the-silence.org.uk

Supportline: 01708 765200 (open to anyone of any age)

- Calls are received from children, young adults and adults offering emotional support to any individual on any issue. Email: info@supportline.org.uk
- The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, in an at risk group and victims of any form of abuse.

CALM: call **0800 58 58 58** (every day from 5pm – 12 midnight, 365 days a year)

- Campaign Against Living Miserably (CALM) offer a free, confidential, anonymous support, information and signposting telephone and webchat service to anyone in the UK who is feeling down or have hit a wall for any reason. www.thecalmzone.net
- Calls are taken in order, so it's best to stay in a queue rather than redial.

Switchboard LGBT+ Helpline: 0800 0119 100 (open 10am-10pm every day – teenagers and adults)

- <https://switchboard.lgbt/how-we-can-help/>

HELPLINES for trauma recovery:

Rape Crisis: Phone: **0808 802 9999** (Helpline open 12:00-14:30 and 19:00-21:30 daily)

- www.rapecrisis.org.uk Support for survivors of rape and sexual assault.
Email: rcewinfo@rapecrisis.org.uk (general enquiries)

Anxiety UK: Phone: **08444 775 774** (Mon-Fri 9:30-17:30)

- www.anxietyuk.org.uk User-led organisation which supports people with anxiety disorders, including PTSD.

Veterans UK: Phone: **0808 1914 218** (open 7.30am–6:30pm Mon to Thurs, and 7.30am–5pm Friday)

- www.veterans-uk.info/ Government body offering support for veterans.
Email: veterans-uk@mod.uk

PTSD Resolution: 0300 302 0551 (office hours)

- Website: <https://ptsdresolution.org/>

Safeline: Helpline - **01926 402 498** (any age, Mon-Fri 9am-8pm, Sat-Sun 10am-2pm).

National Male Survivor Helpline - **0808 800 5005** (men and boys, same hrs as helpline, male survivor text support – **07860 065187**).

- <https://safeline.org.uk/> A specialist sexual violence and abuse charity - We help prevent sexual violence and support anyone who has been affected, removing the barriers that prevent people from accessing specialist support.

Organisations for mental health support:

Sheffield Suicide Support: online listings <https://www.sheffieldsuicidesupport.co.uk/i-need-help/>

Sparkle Sheffield: young people's mental health services listings - <https://sparklesheffield.co.uk/available-support-services/>

The Black, African and Asian Therapy Network: to find a Black or Asian therapist - <https://www.baatn.org.uk/>

Black Minds Matter UK: for referral to a Black therapist - <https://www.blackmindsmatteruk.com/enquiry-about-therapy>

LGBT Foundation: for LGBTQ+ support and advice - <https://lgbt.foundation/>

Cruse: for bereavement support and counselling - <https://www.cruse.org.uk/>

Sheffield Mental Health: offers some free support services - <https://www.sheffieldmentalhealth.co.uk/>

Organisations for servicepeople and others experiencing PTSD symptoms:

Roadmap to Resilience: free online resource for servicepeople and others experiencing PTSD symptoms: <https://www.supportforfamilies.org/2020-10-16-1dqneeyb02mycb4py1cd3rbtd84gxs/>

- Practical book by Don Meichenbaum PhD covering many areas for PTSD relief and recovery. Click on the book cover for detailed coping resources and support links.

PTSD online support list (UK):

<https://mentalhealth-uk.org/help-and-information/conditions/post-traumatic-stress-disorder-ptsd/more-information/>

Further list of trauma and PTSD helplines (UK): <https://findahelpline.com/gb-eng/topics/trauma-ptsd>

PTSD UK: – online information and advice - <https://www.ptsduk.org/what-is-ptsd/>

Advice for Sheffield therapists and other professionals:

(taken from South Yorkshire Integrated Care Board -

<https://southyorkshire.icb.nhs.uk/about-us/our-statutory-duties/safeguarding>)

- 1) *Advice / Referral - First Contact team*: **0114 273 4908** - 24 hours, 7 days a week. Professionals can also fill out the [Safeguarding adults concern form](#).
- 2) *Sheffield Safeguarding Hub*: **0114 273 4855** (24 hours). To refer complete a [Multi-Agency Confirmation Form MACF](#) . Email: sheffieldsafeguardinghub@sheffield.gov.uk
- 3) *Suicide prevention in therapy advice*: <https://www.dropbox.com/s/hdmnnj38gygrgk9/Suicide%20Risk%20Scale%20and%20Guidance-2.pdf?dl=0>