



# Buckinghamshire Adult Learning

## Where can I go for support?

If you are worried about your mental health and wellbeing, and are finding it difficult to cope, you're not alone - there is lots of help and support available in Buckinghamshire.

<b>GP</b>	You can visit your GP for confidential advice and support	
<b>The Samaritans</b>	Open 24 hours a day	<a href="http://www.samaritans.org">www.samaritans.org</a>  FREE to call 116 123 or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Papyrus</b>	Prevention of Young Suicide	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>  Helpline: 0800 068 41 41
<b>Healthy Minds</b>	Healthy Minds is an NHS service offering quick and easy access to talking therapies, practical support and employment advice. The website also provides access to a range of on-line evidence-based self-help resources.	<a href="http://www.healthymindsbucks.nhs.uk">www.healthymindsbucks.nhs.uk</a>  You can self-refer by telephoning 0844 225 2400, texting "TALK" and their name to 0779 866 7169, email, or visiting their website.
<b>Bucks MIND</b>	Bucks Mind provides support to people with mental health needs and offers one-to-one peer support and more.	<a href="https://www.bucksmind.org.uk/">https://www.bucksmind.org.uk/</a>  Tel: 01494 463364
<b>Cruse Bucks (Bereavement)</b>	Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone suffering a bereavement caused by death to understand their grief and cope with their loss.	<a href="https://www.crusebucks.org.uk/">https://www.crusebucks.org.uk/</a>  Telephone 01494 766 455 (Amersham), 01296 425757 (Aylesbury), 01494 511 117 (High Wycombe) or email <a href="mailto:support.buckinghamshire@cruse.org.uk">support.buckinghamshire@cruse.org.uk</a>

<b>Carers Bucks</b>	Carers Bucks supports the health and wellbeing of unpaid carers and supports unpaid carers of all ages and in different caring roles. These caring roles include young carers, young adult carers, parents of children with a physical or learning disability, older carers, carers from the black and minority ethnic community and those looking after someone with a mental health condition. All our services are free to carers.	<a href="https://carersbucks.org/">https://carersbucks.org/</a> Call 0300 777 2722 or email <a href="mailto:mail@carersbucks.org">mail@carersbucks.org</a>
<b>CALM (Support for Men)</b>	Helpline /and webchat service which is specifically to support men	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a> Call 0800 585858 5pm to midnight, 365 days a year.
<b>Buckinghamshire and Mid-Thames Relate</b>	Relationship counselling	<a href="http://www.relatemtb.co.uk">www.relatemtb.co.uk</a> by telephone: 01296 427973 or email <a href="mailto:enquiries@relatemtb.co.uk">enquiries@relatemtb.co.uk</a>
<b>Age UK Buckinghamshire</b>	Vulnerable and isolated older people support	<a href="http://www.ageuk.org.uk/buckinghamshire/">http://www.ageuk.org.uk/buckinghamshire/</a> Call 01296 431911
<b><u>London Lesbian and Gay Switchboard (LGS)</u></b>	For lesbian, gay, bisexual and transgendered people and communities, free and confidential advice.	<a href="http://www.llgs.org.uk/">http://www.llgs.org.uk/</a> <a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a> Call 0300 330 0630 (Daily 10am-11pm)
<b><u>National Domestic Violence</u></b>	For help and advice about domestic abuse	<a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a> Call the helpline: 0800 2000 247.
<b><u>National Debt Helpline / Citizens Advice Bureau</u></b>	For free debt and welfare advice	Call 0808 808 4000 or contact your local Citizen Advice Bureau <a href="https://www.citizensadvice.org.uk/about-us/how-we-provide-advice/advice/">https://www.citizensadvice.org.uk/about-us/how-we-provide-advice/advice/</a>

<b>One Recovery Bucks</b>	Supporting those affected by drugs and alcohol in Buckinghamshire The service is free and confidential, serving adults 18+. One Recovery Bucks is led by Inclusion (part of Midlands Partnership NHS Foundation Trust) working with the Oasis Partnership and Connection Support.	<a href="https://onerecoverybucks.org/">https://onerecoverybucks.org/</a>  Call 0300 772 9672
<b>Apply for Local Emergency Support from Buckinghamshire Council</b>	If you live in Buckinghamshire, you may be able to apply for Local Emergency Support. This is intended to cover urgent short-term emergencies (i.e. no immediate food, no heating or lighting) through the use of food banks, food vouchers, and utility meter top-ups.	<a href="https://www.buckscc.gov.uk/services/business-and-benefits/apply-for-local-emergency-support/">https://www.buckscc.gov.uk/services/business-and-benefits/apply-for-local-emergency-support/</a>  Telephone: 01296 382414 or (out of hours) 0800 999 7677
<b>Child Line</b>	Free and confidential helpline for children and adults in the UK	0800 1111  <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>

## Food Banks

<b>Foodbanks operate on a voucher system. Please contact them for further information.</b>	
<b>Aylesbury Foodbank</b>	<a href="https://aylesbury.foodbank.org.uk/">https://aylesbury.foodbank.org.uk/</a>  01296 395 514 Email: <a href="mailto:info@aylesbury.foodbank.org.uk">info@aylesbury.foodbank.org.uk</a>
<b>Aylesbury Vineyard Storehouse (also operate a Foodbank)</b>	<a href="https://aylesburyvineyard.church/storehouse/">https://aylesburyvineyard.church/storehouse/</a> 01296 424 440  <a href="mailto:storehouse@aylesburyvineyard.org">storehouse@aylesburyvineyard.org</a> Aylesbury Vineyard Church The Vineyard Centre Gatehouse Close Aylesbury HP19 8DN
<b>Chesham Foodbank</b>	<a href="https://chiltern.foodbank.org.uk/">https://chiltern.foodbank.org.uk/</a> 01494 775668 <a href="mailto:dave@chiltern.foodbank.org.uk">dave@chiltern.foodbank.org.uk</a>
<b>One Can Trust Foodbank, High Wycombe</b>	01494 512 277 <a href="mailto:onecan@live.co.uk">onecan@live.co.uk</a> <a href="https://onecantrust.org.uk/">https://onecantrust.org.uk/</a>