

## **External Organisations Offering Support Services**

The following is a list of national and local organisations and services that can be approached from support.

These are not recommendations on behalf of Rochester Diocese, but rather a useful guide for individuals to consider when exploring their support options.

The list will be regularly updated.

**MOSAC** - Provides support for all non-abusing mothers and families whose children have been sexually abused. Website: [MOSAC - Mothers of Sexually Abused Children](#)

**The National Stalking Helpline – Suzy Lamplugh Trust** - Practical information, support, and advice on risk, safety planning and legislation to victims of stalking, their friends, family, and professionals working with victims.. Telephone: 0808 802 0300 [National Stalking Helpline | Suzy Lamplugh Trust](#)

**Protection Against Stalking** – A national charity working within communities to raise public awareness about stalking and support victims of stalking through providing specialist support services. Website [Protection Against Stalking | Look Forward Not Behind](#)

**NSPCC** - Child Protection Helpline: 0808 800 5000 (lines free and open 24 hours) – phone if you are worried about a child. Website [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Childline** - 0800 1111 (lines free and open 24 hours). Phone if you are child or young person and are worried about anything. Website [www.childline.org.uk](http://www.childline.org.uk)

**Ann Craft Trust** - They offer advice to professionals, parents, carers and family members on issues relating to the protection of disabled children and adults at risk  
Website [www.anncrafttrust.org](http://www.anncrafttrust.org) Contact Number: 0115 9515 400

**Hourglass** - Hourglass believe in safer ageing and stopping abuse for the elderly. Telephone 0808 808 8141 (24/7 phone line)  
Website [Hourglass \(wearehourglass.org\)](http://wearehourglass.org)

**Samaritans** – Telephone 116 123 (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to. Website [www.samaritans.org](http://www.samaritans.org)

**Victim Support** - Provide support for those affected by crime to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened.  
Website [www.victimsupport.org.uk](http://www.victimsupport.org.uk) Support line 0808 1689 111

**Mind** – The Mind website details local Mind charities and the services they offer including talking therapies, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending. [Find local Minds - Mind](#)

**Rethink Mental Illness** – Rethink Mental Illness has a network of over 140 local support groups offering space for people suffering mental illness to talk about their experience and get peer support. It is possible to search for these groups by postcode or town here: [Groups In Your Area \(rethink.org\)](#)

**Mental Health Matters** - Mental Health Matters provide mental health support services including helplines, therapy, advocacy and crisis support. Details of the services they offer can be found here: [Find a service | Mental Health Matters \(mhm.org.uk\)](#)

## **Local Organisations**

**Mental health support - Kent County Council** have a highly trained and experienced team available 24/7 to provide expert support no matter what you are going through. Don't suffer in silence: text the word Kent to 85258 or call 0800 107 0160 for free confidential support at any time.

**Kent and Medway - Rubicon Cares** - provide free trauma counselling throughout Kent & Medway for people affected by ANY crime. This is a free, confidential service to help people deal with the effects of, and move on from, what has happened. Helpline number : 07505709876 (The hours for the helpline are: Monday, Thursday, Saturdays 12 – 3, and Wednesdays 7 – 10pm.) Website [www.rubiconcares.org/](http://www.rubiconcares.org/)

**Restore** – A Christian charity offering a range of counselling services. Tel 07760 923 402 [Restore - Counselling, Training and Related Services in Tunbridge Wells Kent \(restorecounsellingservices.org.uk\)](#)

**Tonbridge Counselling Service** – Promoting and protecting the physical, emotional, spiritual and mental health of those in need in the Tonbridge and surrounding areas [Home - Tonbridge counselling service](#)

## **Find Counselling/Therapy**

**NHS Therapists** -Therapy provided through the NHS should be free of charge. It is possible for victims/ survivors to be referred for therapy through their GP. Alternatively, it is possible to contact some services directly for self-referral [NHS talking therapies for anxiety and depression - NHS \(www.nhs.uk\)](#)

**The British Association for Counselling and Psychotherapy (BACP)** - The BACP is a professional association for members of the counselling profession in the UK. The BACP website holds a directory of members and services that are registered with or accredited by them. Most of these are private and will charge for their services. It is possible to search their directory via postcode here: [↓ BACP](#)

The BACP also provide information about pre-trial therapy here: [Pre-trial therapy: avoiding the pitfalls \(bacp.co.uk\)](#)

**Counselling Directory** - holds details of individual counsellors and psychotherapists that are personally registered as a member of a relevant professional body, and of counselling/ psychotherapy practices at which at least one of their therapists is registered, or the practice itself is. The list of the professional bodies they recognise is available at: <https://www.counselling-directory.org.uk/accreditation.html>

It is possible to search Counselling Directory by postcode, town or country, here: <https://www.counselling-directory.org.uk/adv-search.html>

**UK Council for Psychotherapy (UKCP)** - The UKCP holds details of registered psychotherapists and psychotherapeutic counsellors. Their register is accredited by the Professional Standards Authority. It is possible to search their directory by postcode or location here: <https://www.psychotherapy.org.uk/find-a-therapist/>