Help & Support Organisations for those recently released from prison.

**Abernethy House Counselling Service** - There are times in our lives when problems impinge on our ability to function. Because our emotional well-being is so closely linked to our physical health, when we work on one area we may find great improvements in the other. One to one counselling can help you to bring about the changes you feel you need to make in your life.

**Addaction** - Is someone you know taking drugs or drinking too much? We can help. Addaction is the UK’s largest drug and alcohol treatment charity.

**Adfam** - Adfam is the leading national organisation working with and for families affected by drugs and alcohol.

**AFFECT** - AFFECT endeavours to keep up to date with every aspect of the criminal justice system, and provide this information to those we support as and when it is required in West Sussex and Hampshire.

**AGE Concern Older Offenders Project** - Age Concern Older Offenders Project (ACOOP) aims to offer social care, advice and support to older prisoners and their families, both in prison and within the wider criminal justice system.

**Al Anon** - Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else’s drinking. We believe alcoholism affects the whole family, not just the drinker. Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience in order to solve their common problems.

**Alcoholics Anonymous** - The only requirement for membership is a desire to stop drinking. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**Alpha** - Alpha for Prisons was launched in 1995 in response to demand from inmates. Since then enthusiasm for Alpha for Prisons has grown.

**Alternatives to Violence Project** - The Alternatives to Violence Project serves those who want to handle conflict well without resorting to or being the victim of violence. Our trained volunteer facilitators offer workshops in the community, in prisons and in other settings. AVP is a national charity and part of an international network.

**Amnesty International** - We are a campaigning organisation; it's what we do. Our purpose is to protect people wherever justice, fairness, freedom and truth are denied.

**Ancora Centre** - THE ANCORA CENTRE is unique in that it is made up of a group of fully qualified counsellors who work in a variety of differing ways, and are experienced in a range of specialised areas.
Apex Trust - Seeks to help people with criminal records to obtain appropriate jobs or self employment by providing them with the skills they need. Working with employers to break down the barriers to employment.

Apex Works - At Apex Works we have the BTSW Project (Business the SMART way) which is a project that works with offenders/ex offenders both whilst they are in custody and also upon release. We cover the Leicestershire area and we help and assist anyone who lives within an LE postcode. If an offender is housed in a prison out of the LE postcode but usually resides or when they are released resides within an LE postcode this would be fine and they would be eligible to gain the help and support of the project. As previously stated we work with offenders/ex-offenders both whilst still serving their sentences and also when they are released. We are able to assist with educational and training needs, help getting into employment, business start up, employability skills and any other matters that they may require help and assistance with. If interested, please get in touch for more information.

Beyond the Gate - 'Beyond the Gate' is an organisation founded by a family who have experienced the problems and pain caused by uncontrolled consumption of alcohol. We have shared the torment and the triumphs of leaving the bleakness of booze behind. As experienced educators and drama practitioners we take education courses into prisons, schools and universities.

Caring for Ex-Offenders - Caring for Ex-Offenders’ vision is to reduce reoffending by reintegrating ex-offenders (of any faith or none) into society through the local church. Through training and advice, CFEO equips churches and enables them to support ex-offenders to live changed lives. We believe that by breaking the cycle of crime, individuals, families and neighbourhoods can be transformed.

Centre for Crime and Justice Studies - CCJS is an independent charity at King's College London that informs and educates about all aspects of crime and the criminal justice system.

Centre for Separated Families - Our services are available to parents who are caring for their children alone, those who are sharing care and those who have no contact with their children. Parents, carers, grandparents or anyone else with concerns about family separation are welcome.

Changing Tunes - Changing Tunes is a registered charity that uses music teaching, rehearsing, recording, performance, improvisation and composition to aid the rehabilitation of prisoners and ex-prisoners.

Child Care Link - The Government launched the Childcare Link helpline and website in December 1999 as part of the National Childcare Strategy. This strategy aims to help people back into the workplace by removing the childcare barrier. The Childcare Link service is funded by the Department for Education and Skills.

Children First - At CHILDREN 1ST, our vision is a happy, healthy, safe and secure childhood for every child and young person in Scotland.

Children Law UK - Children Law UK (part of TACT) aims to promote better justice for children. By working with those involved with the legal system we
campaign and ensure that the law protects children and young people at risk.

**Children’s Legal Centre** - The Children's Legal Centre is a unique, independent national charity concerned with law and policy affecting children and young people.

**Citizens Advice Bureau** - There are approximately 1,000 CABs in the country, some of which have links with local prisons. They can offer advice, information or advocacy on a wide range of issues.

**Clean Break** - Clean Break uses theatre for personal and political change, working with women whose lives have been affected by the criminal justice system. Based in London it is open to all.

**Contin You** - Contin You aims to open up opportunities for learning that will help people to change their lives, improving the well-being of individuals, families and communities.

**Courtroom Advice** - Courtroom Advice was formed to offer a unique reference point on comprehensive guidance on appearing in court.

**Depression Alliance** - We work to relieve and to prevent this treatable condition by providing information and support services to those who are affected by it via our publications, supporter services and network of self-help groups for people affected by depression.

**DrugScope** - DrugScope is the UK’s leading independent centre of information and expertise on drugs. Our aim is to inform policy development and reduce drug-related harms – to individuals, families and communities.

**False Allegations Support Organisation** - faso is a voluntary organisation dedicated to supporting anyone affected by a false allegation of abuse. faso offers clear information, practical advice, and emotional support to anyone affected by false accusation

**Families need Fathers** - Families Need Fathers seeks to obtain, for the children, the best possible blend of both parents in the lives of children; enough for the children to realise that both parents are fully involved in their lives. Legally, parents should be of equal status.

**Family Action** - Family Action is England's leading family charity, supporting over 45,000 families every year. We tackle some of the most complex and difficult issues facing families today – including domestic abuse, mental health problems, learning disabilities and severe financial hardship.

**Family Holiday Association** - To work in partnership with others to promote the quality of family life for those parents and children who experience disadvantage as a result of poverty through the provision and by promoting access to holidays and other recreational activities.

**Family Rights Group** - We are the charity in England and Wales that advises
parents and other family members whose children are involved with or require social care services. We run a confidential telephone advice service for families.

**Finding Rhythms CIO** - The aim of Finding Rhythms is to help vulnerable people (re)find their rhythm in life through music

**Fine Cell Work** - A Registered Charity that teaches needlework to prisoners and sells their products

**Frank** - FRANK offers advice on drugs – whether you are a user or afraid that someone close to you is being affected by drug abuse. Also gives guidance on all types of drugs and their effects.

**Futures Unlocked** - Our mission is to support ex-offenders in leading crime free lives. To contribute to building safer communities. Reducing crime, protecting the public and consequently reducing the numbers of victims of crime. To support ex-offenders to break the cycle of re offending, working with the full range of statutory, private, and voluntary sector Services.

**Gingerbread** - Gingerbread is the leading national charity working to help the UK's 1.9 million lone parents and their children where they and their families can thrive and enjoy equal opportunities financially and socially. Gingerbread has headquarters in London and a network of regional offices.

**Grandparent’s Association** - We know that a special relationship can exist between grandchildren and grandparents and we are here to provide support to enable this relationship to flourish.

**Grandparents Plus** - Grandparents Plus is the national charity (England and Wales) which champions the vital role of grandparents and the wider family in children's lives - especially when they take on the caring role in difficult family circumstances

**Hardman Trust** - The Hardman Trust seeks to provide a window of opportunity whereby a long-term prisoner's project proposal might be brought to a successful conclusion through the financial support provided as part of an award.

**Help the Aged** - Help the aged is an international charity fighting to free older people from poverty, isolation and neglect.

**HM Inspectorate of Prisons** - To provide independent scrutiny of the conditions for and treatment of prisoners and other detainees; promoting the concept of ‘healthy prisons’ in which staff work effectively to support prisoners and detainees to reduce reoffending or achieve other agreed outcomes.

**HM Prison Service Headquarters** - Her Majesty’s Prison Service – general information about the service. Every prison is listed including those contracted out as private prisons.
Home Start - Many parents need help, friendship, advice or support during those early years when children are young. There is no rulebook for raising a family and sometimes it can seem overwhelming, particularly if your family is going through difficult times.

Hope Books - Our aim is to encourage individuals, especially those in prison, to explore and also to grow in the Christian faith. We offer free Christian books and bible reading notes to prisoners in the UK and overseas.

HOPE Scotland - The focus in HOPE has always been jointly on prisoners and prisoners’ families. It has been this that has driven HOPE over the years to develop the variety of services that it provides. HOPE is an innovative organisation which seeks to identify gaps in provision and tries to address these.

Howard League for Penal Reform - The Howard League for Penal Reform is the oldest penal reform charity in the UK. It was established in 1866 and is named after John Howard, one of the first prison reformers. The Howard League for Penal Reform is entirely independent of government and is funded by voluntary donations.

Innocence Network UK - INUK works towards, ‘Educating to overturn and prevent the wrongful conviction of innocent people’, our core being EDUCATION as a means of endeavouring to influence practical changes to the criminal justice system in this pressing area of public concern. Importantly, the INUK is NOT a campaign or victim support group.

Innocent - A Manchester based organisation which supports and campaigns for innocent people in prison.

Inside Out Trust - The Trust develops prison projects based on restorative justice principles. Prisoners learn new skills which they willingly use to provide goods and services to disadvantaged people and learn new skills which improve their employment prospects.

International Centre for Prison Studies - The International Centre for Prison Studies seeks to assist governments and other relevant agencies to develop appropriate policies on prisons and the use of imprisonment.

Iqra Trust - The IQRA Trust Prisoner Welfare was set up in 1993 to support the educational and training needs of imams and prisoners. Following the appointment of the Muslim Adviser in 1999 the prison work of the Trust became focused on the educational and rehabilitation needs of prisoners.

Irish Chaplaincy in Britain - We are a leading and innovative charity that provides high quality services and support to excluded, vulnerable and isolated Irish emigrants in Britain.

Irish Community Services - Irish Community Services working in Greenwich, Bexley and Lewisham
Joint Council for the Welfare Immigrants - JWCI offers help, information and advice to prisoners who are experiencing immigration law problems including the threat of deportation.

Joseph Rowntree Foundation - Reports on studies made via in-depth interviews with prisoners and their families.

Justice - An all party law reform and human rights organisation working to improve the legal system and the quality of justice.

Justice for Women - Justice For Women is a feminist organisation that campaigns and supports women who have fought back against or killed violent male partners.

Justice Research Consortium - The Justice Research Consortium was founded on September 06, 2001, bringing together crime justice professionals and police chiefs in a British Government-funded program to test Restorative Justice as a strategy to reduce crime.

Langley House Trust - Langley House Trust is a national charity providing accommodation and resettlement services for ex-offenders and those at risk of offending. Our residential projects along with associated move-on and floating support services, provide a range of supported accommodation. Our services are open to men and women of any or no faith.

Learning Journey - The Learning Journey is part of the increasing effort in the UK to cut crime by improving the chances for each offender to resettle successfully after completing their sentence.

Leicestershire Cares - Leicestershire Cares is a membership organisation of all the key employers in Leicester and Leicestershire, dedicated to corporate responsibility, by bringing businesses and the community together for the benefit of both.

Liberty - Liberty campaigns to protect basic rights and freedoms through the courts, in Parliament and in the wider community. We do this through a combination of public campaigning, test case litigation, parliamentary lobbying, policy analysis and the provision of free advice and information.

London Action Trust - LAT works to break the cycle of offending and create safer communities. We provide support, guidance and rehabilitation to prisoners, ex-offenders, those at risk of offending and grass roots groups working at the frontline of community safety.

Longford Trust - The Frank Longford Charitable Trust was established in 2002 by friends, family and admirers of Lord Longford (1905-2001) to celebrate his achievements and to further the goals he pursued in the fields of social and prison reform.

Magistrates Association - Website that covers information on magistrates, including how to become a magistrate and various projects running.

MATCH - MATCH offers non-judgemental emotional support to mothers all over the world who are apart from their child for one or many complex reasons.
Mayday Trust - Mayday Trust work with and for people from all backgrounds and experiences but who need support to live independently.

Mind - Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress.

Miscarriage of Justice Organisation (MOJO) - MOJO is dedicated to promoting healthy change in the criminal justice system. Changes that will reduce the number of miscarriages of criminal justice across the United Kingdom and increase the level of professional after-care for victims.

Muslim Youth Helpline - The Muslim Youth Helpline (MYH) is a registered charity which provides pioneering faith and culturally sensitive services to Muslim youth in the UK.

Nacro - Working to give ex-offenders, disadvantaged people and deprived communities the help they need to build a better future.

Narcotics Anonymous - NA is a non-profit Fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. The only requirement for membership is the desire to stop using.

National Association for People Abused in Childhood (NAPAC) - NAPAC is the National Association for People Abused in Childhood. We are a registered charity, based in the UK, providing support and information for people abused in childhood. If you were abused as a child and are looking for support.

National Association for Youth Justice - The Association operates as a campaigning, training and membership organisation with an overarching philosophy and policy regarding the youth justice system.

National Domestic Violence Helpline - The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available.

National Extension College - We have been providing distance learning courses for over 40 years and our expertise is second to none. So whether you want to further your career, take your life in a new direction, or explore a new interest, look no further. We are the college that comes to you.

NEPACS - NEPACS is a voluntary, independent, community-based charity that supports offenders, ex-offenders and their families.
prisoners in local gaols on the transition back to life in the community.

NIACRO - NIACRO - working to reduce crime and its impact on people and communities. We work with the users of our services in their own environments - including prison - pooling our skills and resources with other voluntary and statutory agencies.

Northern Ireland Prison Service - The Prison Service is responsible for providing prison services in Northern Ireland. Its main statutory duties are set out in the Prison Act (Northern Ireland) 1953 and rules made under the Act.

Opportunity Youth - opportunity youth was established in 1993 in response to the diverse needs of young people involved in vocational training. We encourage the personal and social development of young people and support them to be the best they can be.

Ormiston Children & Families Trust - Promotes well being of children disadvantaged by their circumstances.

Outmates - Outmates offer support to families, partners and friends of prisoners as well as to prisoners, ex prisoners and young offenders. Practical help with social services, unemployment office, housing etc. Offers emotional support, counselling, group gatherings, surgeries and courses.

Outside Chance - Courses for young people in prison and schools to prevent re-offending.

Out-Side-IN - A registered charity set up in 1997 to support gay and lesbian prisoners, their families, partners and children.

PAFAA with SOFAP People Against False Allegations of Abuse – with - Support Organisation for Falsely Accused People - Supporting those accused of Historic Sexual Abuse and their families

PAPYRUS - PAPYRUS is a voluntary UK organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing.

Parole Board - The Parole Board is an independent body that works with its criminal justice partners to protect the public by risk assessing prisoners to decide whether they can be safely released into the community.

Partners of Prisoners and Families Support Group (POPS) - Partners of Prisoners and Families Support Group (POPS) aims to provide a variety of services to support anyone who has a link with someone in prison, prisoners and other agencies. POPS provides assistance for the purpose of enabling families to cope with the stress of arrest, imprisonment and release.

Phoenix Future - Phoenix Futures is the leading provider of care and rehabilitation services for people with drug and alcohol problems in the UK. Through nearly 40 years experience of transforming lives we have developed a diverse portfolio of services across community, prison and residential settings.
Places for People - We create places where people choose to live - whether that means providing new communities or by transforming existing neighbourhoods into vibrant, popular areas to live and prosper.

Positive Justice Gloucester - To raise public awareness of the work being done by the Criminal Justice System.

Princes Trust - There are more than one million young people in the UK not in education, employment or training. The Prince's Trust focuses its efforts on those people who need our help the most.

PRISON FELLOWSHIP ENGLAND & WALES - Seeing Lives Restored

Prison Reform Trust - The state of our prisons is a fair measure of the state of our society. The Prison Reform Trust works to ensure humane and effective. Advice and information service to prisoners, families and other concerned individuals.

Prisoners Abroad - Prisoners Abroad exists to safeguard the welfare and basic human rights of British citizens detained abroad. We attempt to alleviate the isolation and deprivation experienced by both prisoners abroad and their families in the UK. We seek to prevent deprivation amongst Britons returning from abroad and assist them in building crime-free lives.

Prisoners Advice Service - The Prisoners' Advice Service (PAS) is an independent registered charity. We do not accept Home Office or Prison Service money as this may affect our independence. We receive most funding from charitable trusts and foundations.

Prisoners Education Trust - Since 1990, Prisoners Education Trust has been providing learning opportunities for offenders in custody to broaden their horizons and to focus on a more positive life on release, whenever that may come.

Prisons and Probation Ombudsman - The Prisons and Probation Ombudsman investigates complaints from prisoners, those on probation and those held in immigration removal centres. He also investigates all deaths that occur among prisoners, immigration detainees and the residents of probation hostels (Approved Premises).

Project Happy - Project Happy, founded in September 2004 by Samantha Gillan, gives advice, counselling and free bus rides to families from all over Scotland who are visiting prisoners at HMP Kilmarnock and Shotts. We seek to improve children's visiting conditions in prisons and support the rights of children to maintain contact with an imprisoned parent.

Rehabilitation for Addicted Prisoners Trust (RAPT) - RAPT is a charity which helps people with drug and alcohol dependence move towards, achieve and maintain drug and crime-free lives. In the community, we deliver pioneering treatment and aftercare for offenders, ex-offenders, and also people referred from outside the criminal justice system.
Relate - Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through our website.

Relationships Scotland - We offer confidential relationship counselling and sexual therapy for couples and individuals. These services are provided across Scotland and are the equivalent of those provided by our sister organisation Relate in England and Wales.

Reprieve - Reprieve uses the law to enforce the human rights of prisoners, from death row to Guantanamo Bay.

Restorative Justice Consortium - Restorative Justice gives victims the chance to tell offenders the real impact of their crime, to get answers to their questions and to receive an apology. It gives the offenders the chance to understand the real impact of what they’ve done and to do something to repair the harm.

Revolving Doors Agency - Revolving Doors Agency is the UK’s only charity dedicated to improving the lives of people who are caught up in a damaging cycle of crisis, crime and mental illness. We have over 10 years experience of working innovatively with this group.

Royal National Institute for Deaf People - We help people identify whether they have a hearing loss, we campaign for change, we provide services and training, and we actively support scientific and technological research.

Royal National Institute of Blind People - We are the UK’s leading charity offering information, support and advice to over two million people with sight loss.

SACRO – Safeguarding Communities Reducing Offending - Provides advice and support to offenders and their families. In particular it assists in resettlement with individually planned packages of support.

Safe Ground - Safe Ground educates prisoners and young people at risk in the community. We use drama to help these groups resist the forces of social exclusion and institutionalisation.

Sale Insurance Services - WE COVER THE RISKS THAT NOBODY ELSE WILL - MOTOR • HOUSEHOLD •COMMERCIAL • FINANCIAL Get a full service and reliable advice on all insurance related matters; preferably with a firm recommended by such as the Prince’s Trust, Citizens Advice Bureau, the Probation Service or other organisations dealing with current and former prisoners.

Salvation Army - The Salvation Army is one of the largest, most diverse providers of social services in the UK after the Government. Founded in East London in 1865, we are now working in 117 countries worldwide.
Samaritans - Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Selfharm.co.uk - Selfharm.co.uk is a website the exists to help young people and family members with issues surrounding self-harm.

Shelter - Preventing homelessness is central to Shelter’s work. Alongside our support services for those in housing need, we campaign for legal and policy solutions to ensure people's homes are protected.

Society of Vincent de Paul - The St Vincent de Paul Society (“SVP”) is an international Christian voluntary organization dedicated to tackling poverty and disadvantage by providing direct practical assistance to anyone in need. Active in England & Wales since 1844, today it continues to address social and material need in all its many forms.

SOVA - Supporting Others through Volunteer Action - SOVA is a leading national volunteer mentoring organisation in England and Wales working with: clients in and leaving the care system - the Criminal Justice sector - young people on youth offending orders - the socially and economically disadvantaged and long-term unemployed - refugees and asylum seekers

Sozo Project - Our mission is to help women to re-shape their lives through Christian support after release from prison, and to reflect God’s forgiveness in the community.

SPODA Derbyshire - SPODA have been providing services to families and carers who live within the county of Derbyshire since 1998. We have been and remain one of the pioneers in developing services to address the wide range of issues facing families and carers affected by another person’s substance use.

St Giles Trust - Our aim is to reduce crime and social exclusion. We believe that the people we help can be part of the solution to crime and offending.

St Joseph’s Family Centre - St Joseph's is a child focused conflict free Centre. Contact takes place in our safe environment. If you have not seen Centre? Our you.

St Mungos - St Mungo's is London's largest charity for homeless people. Our services run day and night, every day of the year to help homeless people change their lives for good. We run emergency services - including street outreach teams, emergency shelters for rough sleepers and hostels.

Stepping Stones Trust - Stepping Stones Trust offers a holistic 4 phase mode for resettlement of offenders leaving prison. Our aim is to provide the framework for each person to move in to crime-free independent living.
**Stonewall** - Stonewall works to achieve equality and justice for lesbians, gay men and bisexual people.

**Tavistock Centre for Couple Relationships** - During a lasting relationship people face many difficulties. Sometimes couples can’t talk to each other, so that meeting with a counsellor can be a way to open up communications again and work towards a resolution.

**Thames Valley Partnership** - The Thames Valley Partnership brings people and organizations together to create safe and stronger communities through sustainable solutions to the problems of crime and social exclusion. We work within partnership with practitioners from criminal justice sector, local authorities, voluntary and community organizations and the private sector.

**The Corner** - The Corner is Sheffield's young people's substance misuse service. They provide support and treatment to young people under 19 in the Sheffield area who are experiencing problems with drugs and alcohol. They also provide advice and information to family members and significant others who may be worried about or affected by a young person's substance misuse. They also offer group work, training for professionals and a prescribing service.

**Tomorrows People** - Tomorrow's People is a charity that has helped change the lives of thousands across the UK. We help break the cycle of unemployment so that people can take positive control of their lives and build a brighter future. We also save employers time and money by finding them the right people for the right jobs.

**UK Mediation** - UK Mediation is the UK's foremost provider of mediators and mediation training. We operate a national panel of experienced mediators, and an extensive portfolio of mediation training courses.

**UNLOCK The National Association of Reformed Offenders** - We are an independent charity and membership organisation. UNLOCK aims to achieve equality for people with previous convictions and a society in which people with previous convictions are able to fulfil their positive potential through equal opportunities, rights and responsibilities.

**Validate UK** - VALIDATE UK is a national photographic proof of age card that is suitable and acceptable for prison visits. Turn around is quick; the normal service takes up to 7 working days and there is a special overnight service available for emergencies. The office is open 5 days a week and you’ll speak to a person who can help! Validate UK cards are available for persons of any age.

**Victim Support** - Victim Support is the independent charity which helps people cope with the effects of crime. We provide free and confidential support and information to help you deal with your experience.

**Victory Outreach UK** - Victory Outreach UK owns properties throughout the UK. The charity purchases these properties outright in order to ensure consistent and long term provision for vulnerable people that need stability in
their lives.

**Women in Prison** - Women in Prison supports and campaigns for women offenders and ex-offenders. We assist women with advice on housing, education, mental health, legal rights, work, benefits, debt, domestic violence, and more.

**Women’s Resource Centre** - The Women’s Resource Centre supports women’s organisations to be more effective and sustainable. We provide training, resources and support to women's organisations and we campaign and lobby on key issues for the sector.

**Womens Aid** - Women's Aid is the key national charity working to end domestic violence against women and children. We support a network of over 500 domestic and sexual violence services across the UK.

**Working Links** - We believe long-term employment is the best route out of poverty. Since 2000, we have helped over 100,000 people across Great Britain into work.

**YMCA** - From providing housing, training and sports and health facilities to supporting young people and their families, YMCAs in England encourage, support and challenge young people to become all that they can.

**Young Minds** - Young Minds is the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people.

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**St.Helens specific useful telephone numbers**

Addaction 01744 610555

Probation 01744 630229

Claim JSA by phone 0800 055 6688

St Helens Citizens Advice Bureau

Citizens Advice St.Helens: 01744 737866

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**NARCOTICS ANONYMOUS**

**T.HELENS MEETINGS**

**TUESDAY 7.30PM**

QUAKERS FRIENDS MEETING HOUSE, (OPPOSITE B & M BARGAINS), CHURCH STREET, ST.HELENS.

**THURSDAY 7.30PM**

ADDACTION RECOVERY CENTRE, 5A BICKERSTAFFE ST (REAR OF MILLENIUM CENTRE)

**SATURDAY 6.00PM**

1ST FLOOR MILLENIUM CENTRE, HALL STREET, ST.HELENS
Hope Centre Training 01744 26414
Housing Options St. Helens
YMCA 01744 455033
Salvation Army 01744 744800
103 project 01744 20032
Housing Benefit 01744 676789