



# WYCOMBE MIND DIRECTORY

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# ADULT LEARNING & TRAINING

## BUCKS ADULT LEARNING

0845 045 4040

[studentenquiries@buckscc.gov.uk](mailto:studentenquiries@buckscc.gov.uk)

[www.adultlearningbcc.ac.uk](http://www.adultlearningbcc.ac.uk)

## NIACE

(The National Institute of Adult Continuing Education)

01162 044 200

[enquiries@niace.org.uk](mailto:enquiries@niace.org.uk)

[www.niace.org.uk](http://www.niace.org.uk)

## BBC ADULT LEARNING

[www.bbc.co.uk/learning/adults](http://www.bbc.co.uk/learning/adults)

## NATIONAL CAREERS SERVICE

0800 100 900

<https://nationalcareersservice.direct.gov.uk>

# ADVOCACY & COMPLAINTS

## WYCOMBE MIND ADVOCACY SERVICE

01494 448279

07791 424676

[enquiries@wycombemind.org.uk](mailto:enquiries@wycombemind.org.uk)

[www.wycombemind.org.uk](http://www.wycombemind.org.uk)

## SEAP

(support, empower, advocate, promote)

0330 440 9000

0300 3435705 (bucks)

[buckinghamshire@seap.org.uk](mailto:buckinghamshire@seap.org.uk)

[www.seap.org.uk](http://www.seap.org.uk)

## FIRST-TIER TRIBUNAL

(mental health)

0300 123 2201

[mhrtenquiries@hmcts.gsi.gov.uk](mailto:mhrtenquiries@hmcts.gsi.gov.uk)

[www.justice.gov.uk/tribunals/](http://www.justice.gov.uk/tribunals/)

[mental-health](http://www.justice.gov.uk/tribunals/mental-health)

## SEAP ADVOCACY ICAS

(Independent Complaints

Advocacy Service)

0330 440 9001

[basingstoke.office@seap.org.uk](mailto:basingstoke.office@seap.org.uk)

[www.seap.org.uk](http://www.seap.org.uk)

## CARE QUALITY COMMISSION

03000 616161

01158 736250 (mental health)

[enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

[www.cqc.org.uk](http://www.cqc.org.uk)

## OLDER PERSONS

## ADVOCACY ALLIANCE

01782 844036

[www.opaal.org.uk](http://www.opaal.org.uk)

## OMBUDSMAN (local government)

0300 061 0614

[www.lgo.org.uk](http://www.lgo.org.uk)

## POHWER

(bucks) 0300 020 0092

[pohwer@pohwer.net](mailto:pohwer@pohwer.net)

[www.pohwer.net](http://www.pohwer.net)

## OMBUDSMAN

(parliamentary & health service)

0345 015 4033

[www.ombudsman.org.uk](http://www.ombudsman.org.uk)

## PALS

(patient advice liaison service)

[pals.office@buckshealthcare.nhs.uk](mailto:pals.office@buckshealthcare.nhs.uk)

# ASYLUM SEEKERS & REFUGEES

## MIGRANT HELP

01304 203977

[info@migranthelpuk.org](mailto:info@migranthelpuk.org)

[www.migranthelp.org](http://www.migranthelp.org)

## REFUGEE COUNCIL

020 7346 6700

[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

## ASYLUM AID

0207 354 9264

[info@asylumaid.org.uk](mailto:info@asylumaid.org.uk)

[www.asylumaid.org.uk](http://www.asylumaid.org.uk)

## FREEDOM FROM TORTURE

0207 697 7777

[www.freedomfromtorture.org](http://www.freedomfromtorture.org)

## Asylum Support Appeals Project

0203 716 0284

[www.asaproject.org](http://www.asaproject.org)

## MIGRANT ADVISORY & ADVOCACY SERVICE

020 8571 7950

The Advice Line Opening Times  
Mondays, Wednesdays and Fridays

2pm-4pm Only

0203 716 0283

# BEREAVEMENT

## CRUSE BEREAVEMENT

0844 477 9400

helpline@cruse.org.uk

www.cruse.org.uk

## THE COMPASSIONATE FRIENDS

Supporting bereaved parents and their families after a child dies

0845 123 2304

helpline@tcf.org.uk

www.tcf.org.uk

## DAISY'S DREAM

Supports children and their families who have been affected by the life threatening illness or bereavement of someone close to them.

0118 934 2604

info@daisysdream.org.uk

www.daisysdream.org.uk

## WINSTON'S WISH

08452030405

www.winstonswish.org.uk

Childhood bereavement charity.

## CHILD BEREAVEMENT UK

01494 568900/08000288840

www.childbereavementuk.org

support@childbereavementuk.org

# CARERS

## CARERS UK

0808 808 7777

[advice@carersuk.org](mailto:advice@carersuk.org)

[www.carersuk.org](http://www.carersuk.org)

## YOUNG CARERS BUCKS

01494 463536

[www.youngcarersbucks.org](http://www.youngcarersbucks.org)

## ALZHEIMER'S SOCIETY CARERS SUPPORT GROUP AYLESBURY

01296 331722

[aylesbury@alzheimers.org.uk](mailto:aylesbury@alzheimers.org.uk)

## National Dementia Helpline

0300 222 1122

## CARERS BUCKS

0300 777 2722

[mail@carersbucks.org](mailto:mail@carersbucks.org)

[www.carersbucks.org](http://www.carersbucks.org)

## YCNET

(young carers net)

0844 800 4361

[youngcarers@carers.org](mailto:youngcarers@carers.org)

[www.youngcarers.net](http://www.youngcarers.net)

## CARERS TRUST

0844 800 4361

[info@carers.org](mailto:info@carers.org)

[www.carers.org](http://www.carers.org)

## CARERS DIRECT

Helpline: 0300 123 1053

[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

# CHILDREN & YOUNG PEOPLE

## CHILDLINE

(for children/young people)

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

[www.childline.org.uk/talk/chat](http://www.childline.org.uk/talk/chat)

## YOUTHLINE

(for children/young people)

01344 311200

[ask@youthline.uk.com](mailto:ask@youthline.uk.com)

[www.youthlineuk.com](http://www.youthlineuk.com)

## YES

(youth enquiry service)

01494 437373

[yeswycombe@hotmail.co.uk](mailto:yeswycombe@hotmail.co.uk)

[www.youthenquiryservice.org.uk](http://www.youthenquiryservice.org.uk)

## NSPCC

(for the concerned)

0808 800 5000

[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

## WYCOMBE YOUTH ACTION

01494 447250

[info@wycombeyouthaction.co.uk](mailto:info@wycombeyouthaction.co.uk)

[www.wycombeyouthaction.co.uk](http://www.wycombeyouthaction.co.uk)

## THE CALM ZONE

(Campaign Against Living Miserably)

0800 58 58 58

[www.thecalmzone.net](http://www.thecalmzone.net)

## YOUNG MINDS

General enquiries: 020 7089 5050

Parent helpline: 0808 802 5544

[ymenquiries@youngminds.org.uk](mailto:ymenquiries@youngminds.org.uk)

[parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)



# DISABILITIES

**MENCAP** (Learning disabilities)

020 7454 0454 (London office)

0808 808 1111 Mencap Direct

help@mencap.org.uk

www.mencap.org.uk

## **DISABILITY RIGHTS UK**

020 7250 8181 (general enquiries)

0300 555 1525 (independent living)

0800 328 5050 (students)

enquiries@disabilityrightsuk.org (General)

selfdirectedsupport@disabilityrightsuk.org (independent living)

students@disabilityrightsuk.org (students)

www.disabilityrightsuk.org

## **THE DISABILITIES TRUST**

01444 239123

01296 330101 (Aylesbury - brain injury)

01189 071 982 (reading - autism & learning difficulties)

info@thedtgroup.org

www.thedtgroup.org

## **SHAW TRUST**

(Support for disabled people to work)

www.shaw-trust.org.uk

Customer Support Centre on 0345 2349675 or 0300 2472550

SCOPE

0808 800 3333

[response@scope.org.uk](mailto:response@scope.org.uk)

[www.scope.org.uk](http://www.scope.org.uk)

# DOMESTIC VIOLENCE & ABUSE

## MEN'S ADVICE LINE

(for male victims of domestic violence)

0808 801 0327

[info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

## NATIONAL CENTRE FOR DOMESTIC VIOLENCE

0844 8044 999

[www.ncdv.org.uk](http://www.ncdv.org.uk)

[office@ncdv.org.uk](mailto:office@ncdv.org.uk)

## Refuge

### (NATIONAL DOMESTIC VIOLENCE HELPLINE)

0808 2000 247

[info@refuge.org.uk](mailto:info@refuge.org.uk)

[www.refuge.org.uk](http://www.refuge.org.uk)

## VICTIM SUPPORT

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

0808 1689 111

## RESPECT PHONELINE

(for perpetrators of domestic violence who want to stop)

0808 802 4040

[info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)

[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

## WYCOMBE WOMEN'S AID

(domestic violence)

(refuge) 01494 461367

(outreach) 07890 456907

(asian women) 01494 446366

(advice) 07436 536600

[www.wycombewomensaid.org.uk](http://www.wycombewomensaid.org.uk)

## RAPE AND SEXUAL ABUSE SUPPORT CENTRE (RASASC)

0808 802 9999

[info@rasasc.org.uk](mailto:info@rasasc.org.uk)

[www.rasasc.org.uk](http://www.rasasc.org.uk)

# DRUG & ALCOHOL SUPPORT

## SMART

01494 474804

info@smartcjs.org.uk

www.smartcjs.org.uk

## FRANK

0300 123 6600

www.talktofrank.com

frank@talktofrank.com

## BUCKS DRUG & ALCOHOL

### ACTION TEAM

01494 474804

0800 0320 666 (24/7 helpline)

bucksspoc@smartcjs.org.uk

www.bucksdaat.co.uk

## OASIS

High Wycombe) 01494-898480

(Aylesbury) 01296-338008

(Oxford) 01865-455601

info@oasispartnership.org

www.oasispartnership.org

## NARCOTICS ANONYMOUS

0300 999 1212

www.ukna.org

## DRUGFAM

(family support)

01494 442777 (office)

0300 888 3853 (helpline)

office@drugfam.co.uk

www.drugfam.co.uk

## ALCOHOLICS ANONYMOUS

0845 769 7555

help@alcoholics-anonymous.org.uk

www.alcoholics-anonymous.org.uk

# EQUALITY & DIVERSITY AND REPORTING HATE

## EHRC

(equality & human rights  
commission)

0808 800 0082

[www.equalityhumanrights.com](http://www.equalityhumanrights.com)

## WYCOMBE DISTRICT COUNCIL

(equality services)

01494 421 833

[equality@wycombe.gov.uk](mailto:equality@wycombe.gov.uk)

## THAMES VALLEY POLICE

(equality & diversity officer)

01494 421 833

Or 101

## STOP HATE

0800 138 1625

[info@stophateuk.org](mailto:info@stophateuk.org)

[www.stophateuk.org](http://www.stophateuk.org)

## EASS (equality advisory

support service)

0808 800 0082

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)

# FAMILY, PARENTING & RELATIONSHIPS

## RELATE

(relationships)

0300 100 1234

01628 625320 (local)

01296 427973 (local)

01494 791180 (local)

enquiries@relatemt看b.co.uk

www.relatemt看b.co.uk (local – Mid

Thames and Bucks)

www.relate.org.uk

## ONE PLUS ONE

(relationships)

020 7553 9530

info@oneplusone.org.uk

www.oneplusone.org.uk

## FAMILY LIVES

(families)

(helpline) 0808 800 2222

www.familylives.org.uk

## HOME START

(families)

01296 485615

info@homestartaylesbury.org.uk

www.homestartaylesbury.org.uk

## NET MUMS

(mothers)

www.netmums.com

## APNI

(Association for  
Post-Natal Illness)

020 7386 0868

www.apni.org

info@apni.org

## COUPLE CONNECTION (relationships)

admin@thecoupleconnection.net

www.thecoupleconnection.net

# FINANCIAL SUPPORT & BENEFITS

## JOB CENTRE PLUS

0800 055 6688 (new claims)

0845 604 3719 (appointment queries)

0845 6060 234 (finding a job)

[www.gov.uk/jobsearch](http://www.gov.uk/jobsearch) (job search)

[www.gov.uk](http://www.gov.uk)

## DISABILITY LIVING ALLOWANCE

08457 123 456

## PERSONAL INDEPENDENCE ALLOWANCE

0845 850 3322

## TURN 2 US

08088022000

(help accessing benefits and grants)

[www.turn2us.org.uk](http://www.turn2us.org.uk)

## AFFORDABLE WARMTH GRANTS

(united sustainable energy agency)

0800 107 0044

[www.affordablewarmthgrants.co.uk](http://www.affordablewarmthgrants.co.uk)

## CHILD BENEFIT

0300 200 3100

## GUARDIAN'S ALLOWANCE

0300 200 3101

## TAX CREDITS

0345 300 3900

## BENEFIT ENQUIRY LINE

0845 6088 562

## PENSION SERVICE

(to claim) 0800 731 7898

(enquiry) 08456 060 265

## CRISIS LOAN HELP

0800 0327952

[www.crisisloanhelpt.com](http://www.crisisloanhelpt.com)

## CENTRAL AID SOCIETY

01494 535890

(furniture project)

01494 443459

[office@central-aid.org.uk](mailto:office@central-aid.org.uk)

NATIONAL DEBT LINE

0808 808 4000

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

MONEY ADVICE SERVICE

0300 500 5000



# HOUSING & HOMELESSNESS

## RIVERSIDE

0345 111 0000

[info@riverside.org.uk](mailto:info@riverside.org.uk)

[www.riverside.org.uk](http://www.riverside.org.uk)

OLD TEA WAREHOUSE

(supported hostel)

01494 753920

[anna.stachowiak@riverside.org.uk](mailto:anna.stachowiak@riverside.org.uk)

## YMCA

020 7186 9500

01494 465700 (High Wycombe)

[enquiries@ymca.org.uk](mailto:enquiries@ymca.org.uk)

[www.ymca.org.uk/location/high-](http://www.ymca.org.uk/location/high-wycombe-ymca)

[wycombe-ymca](http://www.ymca.org.uk)

[www.ymca.org.uk](http://www.ymca.org.uk)

## RED KITE HOUSING

01494 476100

[www.redkitehousing.org.uk](http://www.redkitehousing.org.uk)

## WYCOMBE DISTRICT COUNCIL

01494 461000

[housingoptions@wycombe.gov.uk](mailto:housingoptions@wycombe.gov.uk)

[www.wycombe.gov.uk/housing](http://www.wycombe.gov.uk/housing)

## STONHAM HIGH WYCOMBE

01494 535860

[www.homegroup.org.uk](http://www.homegroup.org.uk)

0345 141 4663

## WYCOMBE HOMELESS

### CONNECTION

01494 447699

07779 281907

[contact@wyhoc.org.uk](mailto:contact@wyhoc.org.uk)

[www.wyhoc.org.uk](http://www.wyhoc.org.uk)

## SHELTER UK

0344 515 1380

Slough

0808 800 4444

[info@shelter.org.uk](mailto:info@shelter.org.uk)

## HOMELESS UK

[www.homelessuk.org](http://www.homelessuk.org)

# LEGAL SERVICES

## THE LAW SOCIETY

(help finding a solicitor)

020 7242 1222

[www.lawsociety.org.uk](http://www.lawsociety.org.uk)

## CIVIL LEGAL ADVICE (CLA)

0845 345 4345

[www.gov.uk/civil-legal-advice](http://www.gov.uk/civil-legal-advice)

## MIND LEGAL ADVICE SERVICE

0300 466 6463

[legal@mind.org.uk](mailto:legal@mind.org.uk)

# LGBT COMMUNITY

## STONEWALL

0800 050 20 20 (info)

020 7593 1850 (office)

info@stonewall.org.uk

www.stonewall.org.uk

## PACE

(mental health &  
emotional well-being)

020 7700 1323

info@pacehealth.org.uk

www.pacehealth.org.uk

## LONDON LESBIAN & GAY

### SWITCHBOARD

0207 837 6768 (general enquiries)

0300 330 0630 (support)

chris@llgs.org.uk

www.llgs.org.uk

## THE LGBT FOUNDATION

0345 330 3030

info@lgf.org.uk

www.lgf.org.uk

## BROKEN RAINBOW

(domestic violence helpline)

0300 999 5428

help@brokenrainbow.org.uk

## Q ALLIANCE

(Milton Keynes area only)

info@qalliance.org.uk

counselling@qalliance.org.uk

www.qalliance.org.uk

## LESBIAN & GAY BEREAVEMENT

### PROJECT

(run by London Friend)

020 7833 1674 (general enquiries)

020 7833 1674 (helpline)

office@londonfriend.org.uk

# MENTAL HEALTH AND EMOTIONAL & PSYCHOLOGICAL SUPPORT

## NATIONAL MIND

0300 123 3393

[www.mind.org.uk](http://www.mind.org.uk)

## WYCOMBE MIND

01494 448279

[enquiries@wycombemind.org.uk](mailto:enquiries@wycombemind.org.uk)

[www.wycombemind.org.uk](http://www.wycombemind.org.uk)

## SOUTH BUCKS COUNSELLING

01494 440199

[enquiries@southbuckscounselling.org](mailto:enquiries@southbuckscounselling.org)

[www.southbuckscounselling.org](http://www.southbuckscounselling.org)

## HILLINGDON MIND ASIAN PROJECT

01895 271559

07956 395073

[www.hillingdonmind.org.uk](http://www.hillingdonmind.org.uk)

## SANE LINE

020 7375 1002 (head office)

0300 304 7000 (helpline)

[info@sane.org.uk](mailto:info@sane.org.uk)

[www.sane.org.uk](http://www.sane.org.uk)

## BUCKINGHAMSHIRE MIND

(counselling services) 01494

463364

(wellbeing services) 01494

792244

[info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)

[www.bucksmind.org.uk](http://www.bucksmind.org.uk)

## BUCKS HEALTHY MINDS

01865 901600

[healthy.minds@oxfordhealth.nhs.uk](mailto:healthy.minds@oxfordhealth.nhs.uk)

k

[www.healthymindsbucks.nhs.uk](http://www.healthymindsbucks.nhs.uk)

## RELATE

(for relationships)

0300 100 123

(High Wycombe) 01628 625320

(Bucks)

[enquiries@relatemt看.co.uk](mailto:enquiries@relatemt看.co.uk)

(Bucks) [www.relatemt看.co.uk](http://www.relatemt看.co.uk)

[www.relate.org.uk](http://www.relate.org.uk)

## RETHINK

0300 5000 927

advice@rethink.org

www.rethink.org

## SAMARITANS

08457 90 90 90

jo@samaritans.org

www.samaritans.org

## ANXIETY ALLIANCE

0845 296 78 77

Harris835@btinternet.com

www.anxietyalliance.org.uk

## OCD ACTION

0845 390 6232

support@ocdaction.org.uk

www.ocdaction.org.uk

## MOOD SWINGS

0161 832 37 36

info@moodswings.org.uk

www.moodswings.org.uk

## OCD UK

0845 120 3778

support@ocduk.org

www.ocduk.org

## NO PANIC

(national organisation for phobias,  
anxiety, neurosis, information  
and care)

0844 967 4848 (helpline)

admin@nopanic.org.uk

www.nopanic.org.uk

## FAMILY LIVES

01707 630100

www.familylives.org.uk

## CRUSE BEREAVEMENT CARE

08444779400

helpline@cruse.org.uk

www.cruse.org.uk

## BEAT

(eating disorders)

0845 634 1414 (adults)

0845 634 7650 (youth)

help@b-eat.co.uk (adults)

fyp@b-eat.co.uk (youth)

www.b-eat.co.uk

## PAPYRUS

(young suicide prevention)

0800 068 41 41

admin@papyrus-uk.org

www.papyrus-uk.org

**REVOLVING DOORS**  
(mental health &  
criminal justice support)  
020 7407 0747  
[www.revolving-doors.org.uk](http://www.revolving-doors.org.uk)

**COMPLEX NEEDS**  
(personality disorders)  
01296565875

**DEPRESSION ALLIANCE**  
[info@depressionalliance.org](mailto:info@depressionalliance.org)  
[www.depressionalliance.org](http://www.depressionalliance.org)

**SADA (the seasonal affective  
disorder association)**  
[contact@sada.org.uk](mailto:contact@sada.org.uk)  
[www.sada.org.uk](http://www.sada.org.uk)

**BIPOLAR UK**  
020 7931 6480  
[info@bipolaruk.org.uk](mailto:info@bipolaruk.org.uk)  
[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)  
**THE CALM ZONE**  
(National) 0800 58 58 58  
(London) 0808 802 58 58  
[www.thecalmzone.net](http://www.thecalmzone.net)

**ASIAN MENTAL HEALTH  
HELPLINE**  
0808 800 2073  
[asianline@rethink.org](mailto:asianline@rethink.org)

# OLDER ADULTS

## FOTE (friends of the elderly)

020 7730 8263

[enquiries@fote.org.uk](mailto:enquiries@fote.org.uk)

[www.fote.org.uk](http://www.fote.org.uk)

## ALZHEIMER'S SOCIETY

020 7423 3500 (office)

0300 222 1122 (national helpline)

01296 331722

[aylesbury@alzheimers.org.uk](mailto:aylesbury@alzheimers.org.uk)

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## AGE UK

0800 169 6565

01296 431911 (bucks)

[www.ageuk.org.uk](http://www.ageuk.org.uk)

[www.ageuk.org.uk/buckinghamshire](http://www.ageuk.org.uk/buckinghamshire)

## CONTACT THE ELDERLY

020 72400 630 (office)

0800 716543

[info@contact-the-elderly.org.uk](mailto:info@contact-the-elderly.org.uk)

[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

# PHYSICAL HEALTH AND ILLNESS SUPPORT

## **SIGN HEALTH**

(deafness)

01494 687600

SMS: 07966 976749

info@signhealth.org.uk

www.signhealth.org.uk

## **RNIB**

(blind and partially sighted)

0303 123 9999

helpline@rnib.org.uk

www.rnib.org.uk

## **C-R-Y**

(cardiac risk in the young)

01737 363 222

cry@c-r-y.org.uk

www.c-r-y.org.uk

## **BRITISH HEART FOUNDATION**

0300 330 3311 (helpline)

www.bhf.org.uk

## **TERRENCE HIGGINS TRUST**

(HIV)

01494 520436

info.hivsupportbucks@tht.org.uk

www.tht.org.uk

## **NATIONAL AUTISTIC SOCIETY**

(helpline) 0808 800 4104

www.autism.org.uk

## **THE CIRCULATION FOUNDATION**

(circulatory and vascular diseases)

020 7869 6938

info@circulationfoundation.org.uk

www.circulationfoundation.org.uk

## **THE CANCER RECOVERY**

**FOUNDATION**

020 7470 8755

enquiries@cancerrecovery.org.uk

www.cancerrecovery.org.uk

## **BRITISH TINNITUS ASSOCIATION**

0800 018 0527 (helpline)

info@tinnitus.org.uk

www.tinnitus.org.uk



**MACMILLAN CANCER  
SUPPORT**

0808 808 0000

[www.macmillan.org.uk](http://www.macmillan.org.uk)

**ARTHRITIS CARE**

0808 800 4050 (helpline)

[Info@arthritiscare.org.uk](mailto:Info@arthritiscare.org.uk)

[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

**BRAVE HEARTS CARDIAC  
SUPPORT GROUP**

01494 446220

[www.bhf.org.uk](http://www.bhf.org.uk)

# RELIGIOUS & ETHNIC MINORITIES

## MUSLIM YOUTH HELPLINE

020 7435 8171

[info@myh.org.uk](mailto:info@myh.org.uk)

[www.myh.org.uk](http://www.myh.org.uk)

0808 808 2008 (helpline)

## FRIENDS FAMILIES AND TRAVELLERS

01273 234 777

[fft@gypsy-traveller.org](mailto:fft@gypsy-traveller.org)

[www.gypsy-traveller.org](http://www.gypsy-traveller.org)

## VIETNAMESE MENTAL HEALTH SERVICES

020 7234 0601

[info@vmhs.org.uk](mailto:info@vmhs.org.uk)

[www.vmhs.org.uk](http://www.vmhs.org.uk)

## UK POLISH COMMUNITY ONLINE

[www.londynek.net](http://www.londynek.net)

## JAMI

(Jewish Association  
for Mental Illness)

020 8458 2223

[www.jamiuk.org](http://www.jamiuk.org)

## RETHINK ASIAN LANGUAGE MENTAL HEALTHLINE

0808 800 2073

Asian languages (Gujarati, Punjabi, Hindu, and Urdu) or English

[www.rethink.org](http://www.rethink.org)

## BLACK MENTAL HEALTH UK

07947 189 682

[www.blackmentalhealth.org.uk](http://www.blackmentalhealth.org.uk)

BMH UK does not provide help, treatment, counselling, care services or advice for those in crisis.

It is an online publisher providing independent news, features, comment and other internet based services.

## CHINESE MENTAL HEALTH ASSOCIATION

020 7613 1008

[www.cmha.org.uk](http://www.cmha.org.uk)

# OTHER ADVICE & SUPPORT

## CITIZENS ADVICE BUREAU

03444 111 444 (national helpline)

[www.highwycombecab.org.uk](http://www.highwycombecab.org.uk)

0344 2451289 (HW)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## BUCKS CONNECT

[www.careadvicebuckinghamshire.org](http://www.careadvicebuckinghamshire.org)

## WYCOMBE DISTRICT COUNCIL

### COMMUNITY SAFETY TEAM

01494 421 404

[communitysafety@wycombe.gov.uk](mailto:communitysafety@wycombe.gov.uk)

## SOCIAL CARE FOR

### CHILDREN & FAMILIES

0845 460 0001

## COMMUNITY TRANSPORT HUB

0800 085 8480

[www.communityimpactbucks.org.uk/pages/  
community-transport.html](http://www.communityimpactbucks.org.uk/pages/community-transport.html)

[communitytransporthub@gmail.com](mailto:communitytransporthub@gmail.com)

[www.communityimpactbucks.org.uk](http://www.communityimpactbucks.org.uk)

## WYCOMBE RESOURCE ZONE

01494 528 804

The Wycombe Resource Zone (WRZ) is a scrap resource and loan equipment service for local community and non-profit groups, including schools.

## BRITISH RED CROSS

0844 871 1111

[www.redcross.org.uk](http://www.redcross.org.uk)

## BUCKS STROKE SUPPORT

0300 3300 761

[bucksstrokesupport@stroke.org](mailto:bucksstrokesupport@stroke.org)

[www.stroke.org.uk](http://www.stroke.org.uk)

## MENCAP

020 7454 0454

0808 808 1111

[help@mencap.org.uk](mailto:help@mencap.org.uk)

[www.mencap.org.uk](http://www.mencap.org.uk)

## COMMUNITY IMPACT BUCKS

0300 111 250

[info@communityimpact.org.uk](mailto:info@communityimpact.org.uk)

[www.communityimpactbucks.org.uk](http://www.communityimpactbucks.org.uk)

## NEIGHBOURHOOD POLICE & NON-EMERGENCIES

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## EMERGENCIES

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Simon Price (Advocacy Director)  
Wycombe Mind Advocacy Services

Please get in touch for further information or support from us on  
01494 448279

If you would like us to change, add or remove any of these contacts  
then please let us know.

Updated May 2015