**Bridging the Gap**

Helplines, Websites, Apps and other resources to support service users which have been recommended by staff and those involved with our service.

**Helplines**

**Bucks Safe Haven**

\*The Bucks Safe Haven (BSH) provides an additional resource out of hours and an alternative to the hospital emergency department for people experiencing a crisis with their mental health.

**Safe Haven is available at various times in the evening; please call them to confirm the details.**

We are open for self-referral from 6pm.

Contact Safe Haven Sunday, Monday, Tuesday or Wednesday - Call 01296 453 017

Contact Safe Haven 7 nights a week - Call 01494 218 098

<https://www.bucksmind.org.uk/services/safe-haven/>

**NHS 111 - Mental Health Helpline:**

\*Dial 111 and you will be taken via a number of push button options through to a health care advisor who will discuss your situation with you and pass your call on to a health care professional if it is appropriate to do so.

**Samaritans**

\*Offer emotional support and a listening ear 24 hours a day, 365 days a year.

Call 0330 094 5717 (Local Charges Apply) or 116 123 (Free from any phone)

<https://www.samaritans.org/branches/chiltern-samaritans/>

**Space (Aylesbury)**

\*To provide support and care to adults in Aylesbury Vale going through difficult times for whatever reason(s).

Call 01296 432 769 or Email project-coordinator@spaceaylesbury.org

**There is someone in the office on Mondays, Tuesdays, Wednesdays and Fridays, 10am to 3pm and if there is no-one available to answer the phone or if you phone out of these hours all messages are picked up when someone is next available.**

**Please leave a clear message and someone will get back as soon as they can.**

<https://www.spaceaylesbury.org/>

**Domestic Abuse Helplines**

Buckinghamshire Domestic Abuse Information Line 01296 719 772

Aylesbury Woman’s Aid 01296 437 777

National Domestic Abuse Line (Open 24/7) 0808 200 0247

Men’s Advice Line - for male survivors of domestic abuse 0808 801 0327

National LGBT and Domestic Abuse Line 0800 999 5428

**Sane Charity line**

\*Emotional and specialist information for those affected by mental health problems.

Telephone number: 0300 304 7000 (16:00 - 22:00) Email: info@saneline.org

**Buckinghamshire MIND Information Line**

\*For support and information about various services available in Buckinghamshire.

Telephone Number: 01494 463 364 (Monday to Friday: 8:30 - 16:00)

**Papyrus Hopeline UK**

\*Supporting those under 35 thinking about suicide and those who may be worried about someone.

(09:00 - 00:00 Monday - Friday)

Telephone Number: 0800 068 4141 Text: 07786 039 967

**Text Shout 85258**

\*Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text: 85258 (24 hours a day, 7 days a week) <https://giveusashout.org/>

**The Silver Line**

\*For people over 55 years of age, free confidential helpline, working in partnership with Age UK, to offer people over 55 years of age telephone friendship.

Telephone Number: 0800 470 8090 (24 hours a day, 7 days a week)

<https://www.thesilverline.org.uk/>

**Switchboard**

\*Helpline for LGBT+ people to talk confidentially about anything that is on your mind, support people with a range of questions, whether this be for information or just to have someone to talk to.

Telephone Number: 0300 330 0630 (10:00 - 22:00 Monday - Sunday)

**CALM**

\*The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day.

\*Helpline for men in the UK who are down, have hit a wall for any reason, who need to talk or find out information and support.

Telephone Number: 0800 58 58 58 (17:00 - 00:00 every day)

<https://www.thecalmzone.net/help/get-help/>

**SupportLine**

\*SupportLine aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.

\*SupportLine specialises in providing emotional support for adult survivors of childhood sexual abuse and anyone who has been raped/sexually assaulted.

Helpline: 01708 765 200

<https://www.supportline.org.uk/>

**ONLINE RESOURCES**

**PD and Me**

\* A website for those who have been newly diagnosed with a Personality Disorder to help them understand their diagnosis, have a place where there is a pool of resources and information around PD, discover where to find help, learn how to manage crisis, develop new coping skills, learn about treatment options and to hear from those with lived experience who you can relate to​.

<https://sites.google.com/view/pdandme/home>

**Battle Scars**

\* We are a small, dedicated, 100% survivor-led and run charity offering local, regional, national as well as international support around self-harm.

<https://www.battle-scars-self-harm.org.uk/>

\*Online adult peer support groups (using Zoom)

<https://www.battle-scars-self-harm.org.uk/virtual-support-groups-uk-18.html>

**NHS Every Mind Matters**

\*Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

<https://www.nhs.uk/oneyou/every-mind-matters/>

**Centre for Clinical Interventions**

\*If you experience a condition that is affecting your mental health and are looking for specific information about different types of problems then the ‘workbooks' or sets of modules in this section may be relevant to you. We strongly encourage you to talk to your local doctor or a mental health professional about your difficulties as the information provided in the resources are NOT a substitute for proper diagnosis or treatment by an appropriate health professional.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

**Mind - Suicidal Thoughts & Feelings**

\*Explains what suicidal feelings are, and what you can do if you feel suicidal. Also covers the causes, treatments and support options for suicidal feelings.

[https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/](https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/)

**Groups/Activities**

**Recovery College Buckinghamshire**

\* Recovery College offers opportunities to learn about mental health and recovery by providing a unique curriculum designed to support people to recognise their own resourcefulness, talents and skills.

\*The Recovery College aims to bring people together to realise and inspire individual and collective potential, recognising strengths and successes.

<http://buckinghamshirerecoverycollege.org.uk/>

**Buckinghamshire Mind**

\*Services now include: activity groups, peer support, older adults’ services, befriending, employment support, counselling, young people’s counselling and well-being and education training.

<https://www.bucksmind.org.uk/>

**Lindengate**

\*Lindengate is a Buckinghamshire-based registered charity that offers specialised gardening activities to help those with mental health needs in their continuing recovery.

<https://www.lindengate.org.uk/about-lindengate/>

**Simply Walks Health Walks**

\*Simply Walk is part of a countywide programme of free, volunteer - led walks, which aims to help people get outdoors and be more active. The walks are all sociable and you don't need any special equipment to join in, just comfortable shoes.

<https://www.buckinghamshire.gov.uk/parking-roads-and-transport/cycling-and-walking/simply-walk/>

**Restore**

\*Restore is an Oxford based mental health charity that supports people to take control of their recovery, develop skills and lead meaningful lives with recovery groups, training and employment coaching.

<https://www.restore.org.uk/>

**Maytree**

\*Maytree is a registered charity helping people in suicidal crisis in a non-medical setting. They offer support for people in suicidal crisis.

\*They have a respite centre which offersa free 4-night/5-day stay, and the opportunity to be befriended and heard in complete confidence, without judgement and with compassion and warmth.

Tel: 020 7 263 7070 (Phone lines open from 10:00 to 18:00 daily) Website: <http://maytree.org.uk/>

**Websites**

**Living Life To The Full**

\*CBT based website used by Healthy Minds Primary care service.

\*Teaches a range of life skills that are based on the tried and trusted CBT approach, to aim to improve wellbeing and resilience as you go through the journey of life.

<https://llttf.com/>

**Papyrus UK**

\*Telephone line and website supporting suicide prevention, offers support for the person feeling suicidal, those supporting someone feeling suicidal and professionals.

<https://www.papyrus-uk.org/>

**MIND Guide**

\*This is a directory of services, apps and other help available to anyone who is worried about their own mental health and well-being or that of a friend or relative.

<https://www.bucksmind.org.uk/buckinghamshire-mind-guide/>

**Apps**

**Booster Buddy**

\*Booster buddy is a virtual app to help manage your mental health. Each day, you check in with how you’re feeling, and then complete daily ‘quests’ designed to establish and sustain positive habits.

<https://onemindpsyberguide.org/apps/booster-buddy/>

**App can be found on Android and Apple stores**

**Breathe2relax**

\*Breathe2relax is a stress management tool. It provides detailed information on the effects of stress on the body, and instructions and exercises to help manage stress using diaphragmatic breathing.

<https://www.my-therappy.co.uk/app/breathe-2-relax>

**App can be found on Android and Apple stores**

**Calm**

\*The Calm app is something designed to help you sleep more, stress less & live better. Please note that there is a brief free trial for using this app available followed by a monthly cost.

<https://www.calm.com/>

**App is available for iOS, Android, and desktop**

**Calm Harm**

\*Learn to surf the wave using five minute rule or fifteen minute rule with activities suggested by the app in sections such as; comfort, distract, express yourself, release.

[Home - Calm Harm App](https://calmharm.co.uk/)

**App can be found on Android and Apple stores**

**Dbt112 or Dbt911**

\*Modules on Mindfulness, emotion regulation, relations (Goal orientation, relationship orientation, self-respect orientation), Distress tolerance, Validation (Self, other and to acquire), Diary Card.

**App is available in Android stores**

**Headspace**

**\***Headspace has one mission: to improve the health and happiness of the world. Headquartered in Santa Monica, California, we also have offices in San Francisco and London. Please note that there is a brief free trial for using this app available followed by a monthly cost.

<https://www.headspace.com/>

**App can be found on Android and Apple stores**

**Mindshift**

\*Mindshift is designed to help you cope with anxiety. It includes strategies or making sleep count, riding out intense emotions, perfectionism, test anxiety, social anxiety, performance anxiety, worry, panic, and conflict.

<https://onemindpsyberguide.org/apps/mindshift/>

**App can be found on Android and Apple stores**

**Moodfit**

\*Moodfit is a companion to help you achieve your goals. Track your mood, to see what can cause it to lift and drop. Understand how sleep and exercise affect you and more.

<https://www.getmoodfit.com/>

**App can be found on Android and Apple stores**

**Omvana/Mindvalley**

\*Omvana provides meditations tracks for focus, sleep, peace and more. It can be great for relaxing and practising meditation and mindfulness.

<https://www.omvana.com/>

**App can be found on Android and Apple stores**

**Panic Shield**

**\***Panic shield can help train your minds not to be afraid of the sensations your typically associate with panic attacks, and not to fear external situations or activities that you avoid in case they trigger a panic attack. It also contains a paced breathing tool which can help you to calm down when you begin to feel particularly anxious.

<https://www.panicshield.org/>

**App can be found on Android and Apple stores**

**Stay Alive**

\*Developed by Grassroots suicide Prevention this app is described as a ‘Pocket suicide prevention resource.

\*Tools to stay safe, Finding help now, identifying signs of suicide if you are worried about someone, self-help ideas, breathing exercises and many others.

<https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

**App can be found on Android and Apple stores**

**Sleepio**

\*Sleepio is an online sleep improvement programme for people living in Oxfordshire, Berkshire and Buckinghamshire. It has been clinically proven to help you fall asleep faster, stay asleep through the /night, and give you more energy during the day if you follow the programme correctly.

[Sleepio | Can't sleep? Get to sleep and stay asleep without pills or potions](https://www.sleepio.com/)

**App can be found on Android and Apple stores**

**Woebot**

\*CBT based digital therapy tools designed by experts to help stop negative thought patterns, discover patterns in mood (observe how moods change by tracking them over time), reduce stress and help those using Woebot to start to feel better.

<https://woebothealth.com/for-users/>

**App can be found on Android and Apple stores**

**SEXUAL VIOLENCE SUPPORT**

**Buckinghamshire Sexual Violence Resource**

\*This is a list of resources provided by Buckinghamshire Council in support of community safety.

<https://www.buckinghamshire.gov.uk/community-and-safety/safety-and-crime-in-your-community/sexual-violence-and-harassment/help-if-youve-experienced-sexual-violence/>

**Sexual Assault, Abuse & Support Service**

“We support individuals affected by sexual assault and abuse to live fulfilling lives regardless of gender, race and sexuality. We do this by providing a safe space and using enabling and empowering approaches.”

Tel: 01296 719 772

<https://avmksaass.org.uk/>

**Survivors UK** (for Male Sexual Abuse)

<https://www.survivorsuk.org/contact-us/>

\*We know male sexual abuse has profound effects on those who experience it and can deeply affect their mental health and relationships.

**BEREAVEMENT COUNSELLING**

**Cruse Bereavement Care**

\*Cruse Bucks operates in the Buckinghamshire Unitary Authority Area only and does not extend to operate within the area of Milton Keynes Unitary Authority.

<https://www.crusebucks.org.uk/>

**HOUSING SUPPORT**

**Connection Support**

\*Support through life’s challenges from the complex to the every-day situations you find yourself in; facing homelessness, unable to keep up with rent payments, need someone to accompany you to an important meeting that could affect your future or need advice to complete a form for benefits.

<https://www.connectionsupport.org.uk/buckinghamshire/>

**Buckinghamshire Housing Support Service**

\*This county-wide floating support service is for people who need support to manage and maintain their accommodation if it is at risk. Our flexible approach will ensure you receive the right support, at the right time, and in the right place, in order to prevent homelessness, and help you work towards independence.

<https://www.p3charity.org/services/buckinghamshire-housing-support-service->

**MONEY MANAGEMENT**

**Citizens Advice Bureau**

\*Can help with creating budgeting tools, your rights, explaining debt relief orders etc

Tel: 0344 245 1289 https://www.citizensadvice.org.uk/

\*Advice line is open on weekdays 09:30 - 16:30, offices currently closed due to Covid-19, there are web chat and email services via the public website, if someone is available a web chat window will pop up.

**Step Change**

\*Offer free debt advice and practical debt solutions. They will need information about your situation, details about your debts, income and spending. They will then explore your options and put into place a personal action plan to suit your situation and continue to offer you support for however long it is needed. They offer debt management plans, debt relief orders, Individual voluntary arrangements, covid payment plans and bankruptcy advice.

https://www.stepchange.org/

Tel: 0800 138 1111 or 0800 054 6734

Open Monday - Friday 08:00 - 20:00 and Saturday 08:00 - 16:00