

Counselling & Crisis Services / Helplines		
York Mind	01904 643364	https://www.yorkmind.org.uk/
1-2-1 counselling	07587155678	
York St John, Counselling and Mental Health Clinic	01904 876072.	CMHC@yorks.j.ac.uk
York Women's Counselling Service	01904 652706	ywcs1958@aol.com
Spurriergate Centre Counselling	07847181154	St Michaels Church, Spurriergate, York, YO1 9QR. www.thespurriergatecentre.com
BACP (The British association for Counselling and Psychotherapy) - private counsellors	01455 883300	bacp@bacp.co.uk www.bacp.co.uk
Counselling Directory		http://www.counselling-directory.org.uk/search.php?search=York +
The Tuke Centre (Private Counselling service at the Retreat)	01904 430370	info@thetukecentre.org.uk www.thetukecentre.org.uk
United Kingdom Council for Psychotherapy	0207 7014 9955	info@ukcp.co.uk www.psychotherapy.org.uk
Broken Rainbow	0300 999 5428	LGBT Domestic Violence helpline Mon, Thurs: 2pm – 8pm Weds: 10am – 5pm www.brokenrainbow.org.uk
Cruse (bereavement)	01904 481162	york@cruse.org.uk www.crusebereavementcare.org.uk
Frank	0300 123 6600 or text 82111	24 hrs www.talktofrank.com

Independent Domestic Abuse Services (IDAS)	01904 646630 03000 110 110 0808 2000 247	York IDAS Advice, accommodation, support 24hr National Helpline www.idas.org.uk
Mindinfo	0300 123 3393	www.mind.org.uk
North Yorkshire Police	101	24/7
Samaritans	01904 655888 07725909090 - text 08457 909090	Open 24hrs Samaritans Email address: jo@samaritans.org www.samaritans.org
Sane Helpline	0845 767 8000	Open every day from 6pm to 11pm
Survive (women survivors of sexual abuse)	01904 638813 01904 642830	Office Helpline Wed 12pm – 4pm other times leave a message
Survivors of Bereavement by Suicide	0844 561 6855	Open every day 9am – 9pm sob.support@hotmail.co.uk www.uk-sobs.org.uk
Victim Support	01904 550 510 0300 303 1971	Monday to Friday from 8am to 8pm.
Victim Support Helpline	0845 30 30 900	9am - 9pm Monday to Friday 9am - 7pm weekends 9am - 5pm bank holidays
Women's Aid	0808 2000 247	24/7 www.womensaid.org.uk
Turn2us	0808 802 2000	www.turn2us.org.uk

Miscellaneous		
Carecent	01904 624244	Mon to Sat 8.30am-10.45am Central Methodist Church, St Saviourgate www.Carecent.org
Connect to Support	0333 600 6330	www.connecttosupport.org info@shop4support.com
Drinkline	0800 917 8282	24hr helpline www.nhs.uk/livewell/alcohol
York Learning	01904 554277	West Offices, Station Rise, York, YO1 6GA york.learning@york.gov.uk
Changing lives	01904 621776	111 Walmgate, York YO1 9UA
York Carers Centre	01904 715490	enquiries@yorkcarerscentre.co.uk