

# Do you need more help?

These are just a few of the organisations which can help if you have a concern and do not wish to contact the safeguarding team.

**Please note:** that BAES offers these as suggestions and that the list does not cover every organisation available.



## Help and support

## An organisation which may help

## Where you can find it

If you need to talk

**The Samaritans** gives confidential support by phone to anyone in distress

[www.samaritans.org](http://www.samaritans.org)  
116 123

If you were sexually abused as a child

**Survivors in Transition** offers support for survivors of childhood sexual abuse

[www.survivorsintransition.co.uk](http://www.survivorsintransition.co.uk)  
07765 052 282

If you or someone you know is being bullied

**BullyingUK** gives Anti-bullying support - advice for victims and their families

[www.bullying.co.uk](http://www.bullying.co.uk)  
0808 800 2222

If you are being abused at home or in a forced marriage

**Women's Aid** gives information and support with abuse at home and forced marriage

[www.womensaid.org.uk](http://www.womensaid.org.uk)  
0808 2000 247  
(in partnership with *Refuge*)

If you are experiencing violence at home

**The National Centre for Domestic Violence** helps victims of domestic violence get court orders to protect them from further abuse

[www.ncdv.org.uk](http://www.ncdv.org.uk)  
0844 8044 999

If you are being forced to work (also known as Modern Day Slavery)

**Hope for Justice** supports those who are being forced to work and not being properly paid. This includes being forced to work in the home.

[www.hopeforjustice.org](http://www.hopeforjustice.org)  
0300 008 8000

If you need help with your relationship

**Relate** specialises in help with relationships when things are difficult

[www.relate.org.uk](http://www.relate.org.uk)  
0121 643 1638

If you need help to feel mentally well

**Mind** works to improve the quality of life for those with mental health difficulties

[www.mind.org.uk](http://www.mind.org.uk)  
Birmingham: 0121 262 3555  
National Number: 0300 456 2370

If you need help to put across your need for support

**POhWER** helps people who are getting mental health support to understand their rights and have their voice heard

[www.pohwer.net](http://www.pohwer.net)  
0300 456 2370

If you need help to cope when someone has died

**Cruse** focuses on helping families to cope when someone has died

[www.cruse.org.uk](http://www.cruse.org.uk)  
0808 808 1677

If you need help with being a carer

**Forward carers** supports people caring at home for family members or friends in Birmingham

[www.birminghamcarershubs.org.uk](http://www.birminghamcarershubs.org.uk)  
0333 006 9711

If you or someone you know needs help with drink and/or drug addiction

**Reach Out Recovery** gives advice and support to people struggling with drink/ drug addiction and their families

[www.changegrowlive.org/content/reach-out-recovery-birmingham](http://www.changegrowlive.org/content/reach-out-recovery-birmingham)  
0121 227 5890

If you or someone you know needs help with gambling addiction

**Gamcare** provides information, advice, support and free treatment for anyone affected by gambling

[www.gamcare.org.uk](http://www.gamcare.org.uk)  
0808 8020 133