

LOCAL AND NATIONAL SUPPORT & WELLBEING SERVICES



SAMARITANS

Available day or night for anyone struggling to cope. They will listen without judgement or pressure.

Based at 77 Pitt Street West, Barnsley, S70 1BN.

www.samaritans.org

116123 (Free helpline)
01226 244447 (Local charges apply)
jo@samaritans.org



ANDYSMANCLUB

Free sessions where men over 18 can come together and offer each other peer-to-peer support.

Visit Andy's Man Club Barnsley Facebook page for more details.



Rotherham & Barnsley

Provider of high-quality mental health services.

01226 211188
Contactus@rbmind.co.uk

IAPT Sheffield

Improving access to psychological therapies (IAPT) service

Offer quick and easy access to the best type of support to help people understand and manage their symptoms including anxiety, stress, low mood, and depression

01226 644900
barnsleyIAPT@swyt.nhs.uk



Narcotics Anonymous

Service that supports recovery of people battling substance misuse.

0300 999 1212
pi@ukna.org
<https://ukna.org>



Alcoholics Anonymous

Service that helps people to not feel alone when battling addiction. It helps them handle sobriety and assist in recovery.

0800 917 7650
help@aamail.org
www.alcoholics-anonymous.org.uk



mentalhealthmatters

Barnsley Support Hub

Free mental health support in a non-judgement and non-clinical environment.

Open Thurs - Mon 6pm -11pm
07855971634
barnsleysupporthub.mhm@nhs.net

LOCAL AND NATIONAL SUPPORT & WELLBEING SERVICES



Domestic abuse is any incident of threatening behaviour, violence, or abuse (psychological, physical, sexual, financial, or emotional).

Call 999 if you or someone you know is in immediate danger.

Call 101 if you want to report an incident or seek advice.

03000 110 110
0808 2000 247 (24 hours)
<https://idas.org.uk>



Group of people who share their experience, strength and hope with each other so they may solve their common problem and help others do the same. Meetings take place every day of the week.

www.gamblersanonymous.org.uk

**citizens
advice**

Help with managing finances/debt
Barnsley Citizen's Advice Bureau

Whatever the problem, Barnsley
Citizen's Advice can help.

0800 114 8848/ 01226 206492
Debt helpline 0800 240 4420
Video call 01226 666017
<https://barnsleycab.org.uk>



Free service that helps control a person's online gambling.

You can register with GAMSTOP online and this will prevent use of gambling websites and apps run by companies licensed in GB.

www.gamstop.co.uk



**NATIONAL
DEBTLINE**

Charity run by the Money Advice Trust, they offer free, confidential, and independent debt advice over the phone and online.

0808 808 4000
www.nationaldebtline.org

Offer free, expert debt advice and money guidance. They will recommend the best solution or service dependent upon the circumstances.

www.stepchange.org

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Mental Health & Money Advice

First UK-wide service to combine support for both mental health and financial problems.

www.mentalhealthandmoneyadvice.org



Will support older people in Barnsley who are struggling financially, particularly with the rise in the cost of living.

01226 776820
enquiries@ageukbarnsley.org.uk



Local charity supporting disabled people, their families, and carers in Barnsley. Provide free, confidential advice and support to help local people live independent lives.

01226 240273
<https://dialbarnsley.org.uk>



British Heart Foundation

Advice and medical support available.
Welcome to the British Heart Foundation - BHF

0300 330 3311
(open Mon to Fri 9am to 5pm)
www.bhf.org.uk



Arthritis ACTION

Advice and support for those suffering with arthritis.

UK Arthritis Charity - Arthritis Action
020 3781 7120
www.arthritisaction.org.uk



Provide practical and emotional support for people living with cancer both during and after the treatment period.

Cancer Support UK: Supporting People with Cancer, During and After Treatment
hello@cancersupportuk.org
020 3983 7616



Association

Supports people to rebuild their lives following a stroke.

Stroke Association | Home
0303 3033100
www.stroke.org.uk



KNOW DIABETES. FIGHT DIABETES.

Provide information, advice, and support to people with Type 1 and Type 2 diabetes.

0345 123 2399
www.diabetes.org.uk