

contact details of helping organisations

Use of the contacts below, the organisations and any help given is entirely at the reader's own risk. When seeking help, whether from a coach, therapist, charity or a commercial organisation, I recommend that the seeker carries out due diligence and assesses the value of any advice given before making commitment to change.

If you have any concerns about your physical or mental health always consult your General Practitioner for advice, and if your need is in a specialised area, ask your GP for contact details of an organisation, or professional, that can help.

general help

Samaritans

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Samaritans is available to anyone in the UK and Ireland.

Call **08457 909090**

You can even contact the Samaritans by e-mail or visit them face-to-face

www.samaritans.org

Whether it's big or small, don't bottle it up!

Citizens Advice Bureau

Your first port of call for a wide-range of problems.

West Wiltshire Wide
1 Mill Street
TROWBRIDGE
Wiltshire
BA14 8BE

0844 499 4106

Tues to Friday 10 am to 3 pm.

www.cabwiltshire.org.uk

Also offices in Swindon, Wootton Bassett, Calne, Pewsey, Melksham, Marlborough, Trowbridge, Devizes, Corsham and Chippenham.

Plus on-line help at www.adviceguide.org.uk

National Health Service

Always consult your GP about concerns over your physical and mental health, and also those of your children.

www.nhsdirect.nhs.uk

Help and Advice: 0845 4647

meet Steve & other coaches at a free informal event

The Bath Coaching Café

Starbucks, Bath opposite the Guildhall

Tuesday 24 March 2009

6:00 – 7:30 pm

The evening will start promptly with a short presentation of case studies and an introduction to coaching. Then attendees can mingle and chat with a selection of 15 different coaches, each with different specialities.

If you are interested in attending please notify us by sending an e-mail to bathcoachingcafe@hotmail.co.uk

find a therapist

If you are investigating whether to transform your life for the better under the expert guidance of a therapist, then always consider their qualifications, ethics and standards.

The following two links help you search for therapists in your area who meet strict accreditation and ethical standards.

The UK Hypnotherapy Society

<http://www.hypnotherapysociety.com/hfindatherapist/>

British Association of Psychotherapists and Counsellors

<http://wam.bacp.co.uk/wam/SeekTherapist.exe?NEWSEARCH>

Specific Help

Alcoholism

National 24 hr Helpline: 0845 769 7555
Wiltshire 24 hr Helpline: 01380 792064

www.alcoholics-anonymous.org.uk

Eating Disorders

beat is the leading UK charity for people with eating disorders and their families

Helpline: 08456 341414
Monday to Friday 10:30am - 8:30pm
Saturdays 1:00pm - 4:30pm
E-mail: help@b-eat.co.uk
www.b-eat.co.uk

National Centre For Eating Disorders: 0845 838 2040

www.eating-disorders.org.uk

Drugs

Talk to Frank is a web-site providing information about drugs, how to support yourself and where to find professional and confidential help in your local area.

www.talktofrank.com

Helpline: 0800 66 7700

Smoking (NHS)

www.smokefree.nhs.uk

National Helpline: 0800 0224 332

www.smokefreeswindon.org.uk

Swindon: 0800 389 2229

www.wiltshirepct.nhs.uk/YourHealth/Smokefree/Smokefree.htm

Wiltshire: 01380 733891 / 01980 626159

Abuse – Child/Domestic/Rape

Are you worried about a child? Call the **NSPCC**

Helpline on 0808 800 5000

www.nspcc.org.uk

www.hiddenhurt.co.uk

Various resources for various problems.

Rape Support: 0808 800 1144

National Domestic Violence Helpline: 08457 023468

Refuge: charity that provides safe houses for women and children to escape domestic violence. They also have staff that can provide practical and emotional support for victims and sufferers of abuse.

24 hr Helpline: 0808 200 0247

www.refuge.org.uk

Childline: For children experiencing problems such as abuse, bullying, family tension and teenage pregnancy. 24 hr Helpline: 0800 1111

www.childline.org.uk

Marriage/Divorce

Relate: 0845 130 4010

www.relate.org.uk

Divorce Coaching:

Liz Foster is an experienced international coach offering focused and effective coaching to help you travel through the transition of divorce and use the experience to create a new life.

www.lizfostercoaching.com

info@lizfostercoaching.com

01225 329158

Bereavement

Cruse Bereavement Care: Charity offering support for the bereaved.

Helpline: 0870 167 1677

Young Person's Helpline: 0808 808 1677

HIV/AIDS

Terence Higgins Trust

Help and support including advice on HIV testing, treatment and health management. Also HIV counselling as well as practical advice to those worried that they may have contracted the disease. Their centres can be found across the UK.

Direct call: 0845 122 1200

www.tht.org.uk

Cancer

Macmillan Cancer Support

Helping improve the lives of people living with cancer and their families and carers.

www.macmillan.org.uk

Concerns and questions: 0808 808 2020

Questions about treatments: 0808 800 1234

Aged between 12 and 21: 0808 0800

Drop in: Bath Cancer Information and Support Centre:

Bath United Hospital

01225 824049

CLIC Sargent

Caring for Children and young people with Cancer.

Helpline: 0800 197 0068 Mon-Fri 9-5.

www.clicsargent.org.uk

Debt

Free information and confidential advice on coping with debt.

www.governmentdebtadvice.co.uk

Free confidential and objective advice wherever you live in the UK.

www.nationaldebtline.co.uk

Debt Helpline: 0808 808 4000

Redundancy/Skills/Job Search

www.careersadvice.direct.gov.uk

www.redundancyhelp.co.uk

www.newlifenetWORK.co.uk

Learn Direct

On-line and location courses available in many areas covering many new skills.

<http://learndirect.co.uk>

Information: 0800 101 901

Learning and Skills Council

<http://www.lsc.gov.uk/regions/SouthWest/>

coaching

Speaking with a coach can result in you developing a clearer perspective of your problems, and a good coach will encourage and support you to take positive action and achieve successful results.

Coaching itself is described as "not therapy", however, the delight of clearing your thoughts, creating a new vision of what you want your life to be, developing a plan of action and passing milestones with ease is all extremely therapeutic. Action will always overcome negative feelings and lethargy; and through coaching you can begin to take control of your own destiny and discover a new joy for living.

Call me (obligation free) to discuss coaching as an option for you to make changes to your life and start a new journey of personal growth.

01249 819786

0789 4035050

steve@aim2.eu