



# ACES Directory

A guide to services  
that can support  
families in Tameside

# Domestic Abuse

## Women's Aid

A charity that aims to end domestic violence/abuse against women and children. Provides a wide range of services and runs the national 24 hour 7 days a week confidential domestic abuse helpline.

0808 2000 247

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

## Men's advice line

A charity that offers help and support for male victims of domestic violence. They run a men's helpline which opens Monday to Friday 9 am-5pm.

Helpline- 0808 901 0327

<https://mensadvise.org.uk>

## Galop

Galop run the national lesbian, gay bisexual and trans domestic violence helpline, see website for opening times.

Helpline- 0800 999 5428

[www.galop.org.uk](http://www.galop.org.uk)

## Respect phone line

0808 802 4040 a free phone confidential helpline offering advice information and support to help individuals to stop being violent and abusive to their partner.

[www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)

# Relative in Prison

## POPS- Providing support to families of offenders

[www.partnersofprisoners.co.uk](http://www.partnersofprisoners.co.uk)

## PACT- Prison Advice and Care Trust

Providing support to prisoners, people with convictions and their families.

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

Offenders Families Helpline Tel: 0808 808 2003

# Mental Health

**BEAT-** Information and support around eating problems.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

## Life signs

Self-injury guidance and network support.

[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

## Time to Change

A mental health campaign in England with the objective of reducing mental health related stigma and discrimination, provides real stories and information.

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

## Mind

Mind offers advice to people who are experiencing mental health problems.

[www.mind.org.uk](http://www.mind.org.uk)

## Combat stress

Combat stress is a registered charity offering therapeutic community support and residential treatment for members of the British Armed Forces who are suffering from a range of mental health conditions, including Post Traumatic Stress Disorder.

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

## NHS Veterans services

Provide mental health support to ex-service personnel including, depression, alcohol and substance misuse, anger problems and Post Traumatic Stress Disorder.

<https://www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/>

## Samaritans

The Samaritans provide emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

<https://www.samaritans.org>

24 hour helpline running 365 days a year Tel- 116 123

# Parental separation, divorce and relationships

## Family Lives

A national family support charity providing help and support in all aspects of family lives.  
[www.familylives.org.uk](http://www.familylives.org.uk)

## Gingerbread

Gingerbread is the charity which works nationally and locally for and with single parents by championing their needs and providing support services.

Single parents helpline- 0808 802 0925

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## Family Mediators Association

The FMA has a network of not-for-profit Family Mediation Services in England and Wales offering help to couples, married or unmarried, who are in the process of separation and divorce.

General Enquiries: 01355 244 594

[www.thefma.co.uk](http://www.thefma.co.uk)

## Relate

Offers advice, relationship counselling, workshops, mediation, consultations and support face to face, by phone and through the website.

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

Helpline – 0808 808 4994

## ADR ( Alternative Dispute resolution)

ADR is an alternative dispute resolution service that includes mediation, adjudication, arbitration and a comprehensive website which gives an overview of AFR schemes in the UK.

[www.adrnow.org.uk](http://www.adrnow.org.uk)

## Resolution UK

Resolution UK is an organisation of 6,500 family lawyers who believe in a constructive non-confrontational approach to family law, encouraging solutions that consider the needs of the whole family and in particular the best interests of children.

[www.resolution.org.uk](http://www.resolution.org.uk)

## Apps

2 houses

Amicable

My Family Wizard

Please note there may charge for apps.

# Abuse Survivors

## Rape Crisis

National organisation offering support and counselling for those affected by rape and sexual abuse.

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Helpline - 0808 802 9999

## Victim Support

Confidential service, free and available to anyone who has been raped or sexually assaulted, now or in the past.

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

Support line: 0808 168 9111

## St Marys SARC

Sexual assault referral unit - SARCS are specialist services for anyone who has been raped or sexually assaulted. They aim to provide a one stop shop service, providing the following under one roof: medical care and forensic examination following assault and rape and in some locations, sexual health services. Medical services are free of charge and provided to women, men, young people and children.

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

## Survivors UK

Male Rape and Sexual Abuse – Offering Support and sign posting to male victims of rape and sexual assault.

[www.survivorsuk.org](http://www.survivorsuk.org)

## NAPAC –National Association for People Abused in Childhood

NAPAC offers support to all adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.

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

<https://www.nhs.uk/apps-library/category/mental-health/>

# Bereavement

## Cruse Bereavement Care

The cruse bereavement care Freephone helpline is staffed by trained volunteers who offer emotional support and signposting to other services to anyone affected by bereavement.

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

Tel - 0808 808 1677

## Winston's wish

Winston's Wish is a childhood bereavement charity. The charity offers a wide variety of practical support and guidance to bereaved children, their families and professionals.

<http://www.winstonswish.org>

# Bullying

## National Bullying Helpline

The helpline provides practical support to both adults and children, those bullied in the community, the home, the playground, the work place.

<https://www.nationalbullyinghelpline.co.uk>

Tel- 0845 2255 787

## Bully UK (Part of Family Lives)

Bully UK can support every member of the family on a wide range of bullying issues.

<https://www.bullying.co.uk>

# Homelessness/ Housing

## Shelter

Shelter help people with housing needs by providing expert advice and support, they also run a national helpline that is open 365 days a year.

<https://england.shelter.org.uk>

Helpline - 0808 800 4444

## Salvation Army Homeless Service

Provides a professional service that meets the needs of homeless people throughout the United Kingdom and Republic of Ireland.

Tel: 0207367 4500

## Homeless UK

Information on over, 8,000 services, including hostels, day centres and other advice and support services for homeless people.

[www.homeless.org.uk](http://www.homeless.org.uk)

## Crisis

Crisis is a national charity for single homeless people.

[www.crisis.org.uk](http://www.crisis.org.uk)

# Alcohol and Drugs

## Drink Aware

A UK wide alcohol education charity who's website is packed with research and information on all aspects of alcohol related issues.

<https://www.drinkaware.co.uk/alcohol-support-services/>

## Adfam

Providing information and help for families and a comprehensive resource list of helplines and services.

<https://adfam.org.uk/help-for-families/finding-support/call-a-helpline>

## NHS- health Body

NHS Information regarding drug addiction, options and treatment.

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>