



Anxiety Support



A national charity that provides information, support and other services for anxiety and phobias

Tel: 08444 775 774

Website: www.anxietyuk.org.uk



A charity that specialises in self-help-based recovery of anxiety disorders

Tel: 01753 840393

Website: www.nopanic.org.uk

Bereavement



Offers support, advice and information to children, young people and adults when someone dies.

Tel: 02476 670714

Website: www.cruse.org.uk



Guy's Gift provides bereavement support for children, young people and their families across Coventry and Warwickshire.

Tel: 0845 467 3035

Website: www.guysgift.co.uk

Drug and Alcohol Support



Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.

Tel: 0800 776600

Website: www.talktofrank.com



Change Grow Live Warwickshire is a recovery-focused service with a full range of treatments and interventions designed to support people to take control of their recovery journey and achieve their recovery goals.

Tel: 01926 353 513

Website: www.changegrowlive.org



Eating Disorders

Support for individuals, friends and family who are suffering with an eating disorder.

Tel: 0808 801 0677

Website: www.beateatingdisorders.org.uk

Talk ED provides an essential support service for people struggling with eating disorders, and their loved ones.

Website: www.talk-ed.org.uk



Family Information and Support

If you aren't sure what support you and/or your family needs, the Family Information Service is a great starting point. Our knowledgeable and friendly team will listen to you and help you access the services that can support you.

Tel: 01926 742 274

Website: www.warwickshire.gov.uk/children-families



General Mental Health Support

Counselling service & helpline supporting young people who are struggling or in crisis

Tel: 0808 808 4994

Crisis Messenger: Text THEMIX to 85258

Website: www.themix.org.uk



Mental health support for children, young people and adults in Coventry, including one-to-one support, drop-in hubs and courses and workshops, all tailored to support individuals in the ways that suit them best.

Tel: 024 7655 2847

Website: www.cwmind.org.uk





LGBTQ+ Support



There are LGBT+ support groups and professional services available in Coventry, across the West Midlands and Nationwide that can help you whenever needed.

Email: info@coventrypride.org.uk

Website: www.coventrypride.org.uk

We seek to enable LGBTQ+ people to remove barriers to accessing their potential and dealing with inequity through effective signposting for support and advice.



Website: www.stonewall.org.uk

Self Harm and Suicide Prevention



Harmless is a passionate organisation who works to address and overcome issues related to self-harm and suicide.

Contact form: <https://harmless.org.uk/contact/>

Website: www.harmless.org.uk



Alumina is a free, online 7 week course for young people struggling with self-harm.

<https://www.youthscape.co.uk/refer>

Website: <https://www.selfharm.co.uk/>



PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK

Tel: 0800 068 4141

Website: www.papyrus-uk.org

Support for victims of crime



Victim Support is an independent charity in England and Wales that provides specialist practical and emotional support to victims and witnesses of crime

Tel: 08 08 16 89 111

Website: www.victimsupport.org.uk

