

PLACES TO ACCESS HELP AND SUPPORT

Diocesan:

If you have a license or PTO you should be able to access help and support through the diocesan wellbeing team. Many dioceses also have counsellors that you can access directly or through the wellbeing team or through the archdeacon or bishop.

National:

- ◆ Urgent and non urgent help can be accessed through your GP
- ◆ Victim Support provides non emergency support : <https://www.victimsupport.org.uk>
- ◆ The Samaritans can be contacted 24/7: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- ◆ The British Association for Counselling and Psychotherapy (BACP) is a professional association for members of the counselling profession in the UK. Registered and accredited counsellors can be found on their website. Most charge for their services: <https://www.bacp.co.uk/search/Therapists>
- ◆ If a Christian counsellor or therapist is important to you the Association of Christian Counsellors has a website. Contact details for different therapists over the country can be found here. Most charge for their services: <https://www.acc-uk.org> .

Other organisations:

- ◆ The Sheldon Trust provides a place to go for retreat and recuperation and offers the possibility of one to one meetings while there. <https://www.sheldonretreat.com>.
- ◆ The Sheldon Hub is a secure space for linking in with peers and getting support and guidance on practical help. <https://www.sheldonhub.org>
- ◆ The Faith Workers branch of Unite can also give support to members. <https://www.unitetheunion.org/what-we-do/unite-in-your-sector/community-youth-workers-and-not-for-profit/faith-organisations/>
- ◆ The Clergy Support Trust provides confidential and focused support to clergy who are facing financial and other challenges. <https://www.clergysupport.org.uk/about>
- ◆ St Lukes provides support and health care for members of the clergy <https://www.stlukesforclergy.org.uk>
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