

## Useful Contacts

<b>Thurrock Mind</b> <i>Community support for people with mental health needs</i>	<b>Tel: 01375 391411</b>
<b>Cariads</b> <i>Support for carers in Thurrock</i>	<b>Tel: 01375 659172</b>
<b>SERICC</b> <i>Support for women affected by sexual violence</i>	<b>Tel: 01375 380609</b>
<b>KCA Visions</b> <i>Drug and Alcohol Support</i>	<b>Tel: 01375 374411</b>
<b>CORAM</b> <i>Parenting</i>	<b>Tel: 01375 485480</b>
<b>Men's Advice Line</b> <i>For men re: domestic abuse M-F 9am-5pm</i>	<b>Tel: 0808 8010327</b>
<b>Age UK</b> <i>Support for Older People</i>	<b>Tel: 01375 389872</b>
<b>Women's Aid</b> <i>Domestic Violence</i>	<b>Tel: 0808 2000247</b>
<b>TCIL</b> <i>Thurrock Centre for Independent Living</i>	<b>Tel: 01375 389864</b>
<b>Anxiety UK Helpline</b> <i>Mon-Fri: 9:30am - 5:30pm</i>	<b>Tel: 08444 775774</b>
<b>Samaritans National Helpline</b> <i>24 hours</i>	<b>Tel: 116 123</b>

**Always call 999 if you or someone else is seriously ill,  
injured or there is a life at risk.**

For more information on anxiety, depression or alcohol visit;

[www.depression.com](http://www.depression.com)

[www.nhsdirect.com](http://www.nhsdirect.com)

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

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

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

[www.downyourdrink.org.uk](http://www.downyourdrink.org.uk) - an  
interactive web-based learning  
programme

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)