

WHERE TO FIND HELP – SEPTEMBER 2008 –

DIOCESE OF SHREWSBURY

Marriage & Family Life Co-ordinator – Clara P Donnelly

Tel/Fax: 0151 691 2811 Email: cc.donn@talktalk.net

<p style="text-align: center;">ALCOHOLICS Those who are on a recovery programme – 0161 624 2815</p>	<p style="text-align: center;">CHILD PROTECTION and Vulnerable Young Adults Diocesan No: 0151 652 9855 Mobile: 07715 120518</p>	<p style="text-align: center;"><u>MARRIAGE PREPARATION</u> Engaged Encounter: 01625 428498 or</p>
<p style="text-align: center;">ALCOHOLICS ANONYMOUS 0161 236 6569 / 0151 709 2900 Nat No: 0845 769 7555</p>	<p style="text-align: center;">PRIVATE & CONFIDENTIAL</p>	<p style="text-align: center;">Contact your Parish Priest or</p>
<p style="text-align: center;">ALANON & ALATEEN For relatives and friends of problem drinkers – 0207 403 0888</p>	<p style="text-align: center;">COUNSELLING Marriage Care: 01743 245491 / 01270 879911 01925 635 448</p>	<p style="text-align: center;">Marriage & Family Life Co-ord 0151 691 2811</p>
<p style="text-align: center;">ALCOHOL – Wirral Services 0151 647 4999</p>	<p style="text-align: center;">Appointment Service: 0800 389 3801 Nat No: 0845 660 6000</p>	<p style="text-align: center;"><u>MARRIAGE</u> Marriage Encounter 01625 428498</p>
<p style="text-align: center;">AIDS/HIV – For people living with it, their family and friends 0151 647 9124 NATIONAL HELPLINE: 0800 567 123</p>	<p style="text-align: center;">GENERAL COUNSELLING Reach: 0151 737 2121 Compass: 0151 708 6688</p>	<p style="text-align: center;">Marriage & Family Life Co-ord 0151 691 2811 Catholic Resource Enquiry Centre: 01692 402398 Retrouvaille - A Lifeline for troubled marriages: Free phone: 08000 327858</p>
<p style="text-align: center;">ALZHEIMERS SOCIETY For people with dementia, their families and carers HELPLINE – Mon to Fri 8.30-6.30 – 0845 3000 336</p>	<p style="text-align: center;">COUPLE COUNSELLING Relate: 0870 240 4246</p>	<p style="text-align: center;"><u>MENTAL HEALTH</u> MIND: 08457 660163</p>
<p style="text-align: center;">BEREAVEMENT – befriending service for those affected by the death of a child – 0800 282 986 BEREAVEMENT – CRUSE 0870 167 1677</p>	<p style="text-align: center;">DEAF – Pastoral Service – Direct line and Typetalk - 0161 406 0418</p>	<p style="text-align: center;">YOUNG MINDS PARENTS Provides information and advice for anyone with concern about the mental health of a child 0800 0182 138</p>
<p style="text-align: center;">RAINBOWS – help for children who have been bereaved through parental death, separation, divorce, or any other loss 0161 485 3572 / 01625 428498</p>	<p style="text-align: center;">DOMESTIC ABUSE Women who are victims of Nat No: 0808 2000 247 RAPE CRISIS: 01782 22100</p>	<p style="text-align: center;">MISSING PERSONS Helpline Nat No: 0500 700 700</p>
<p style="text-align: center;">SEASONS FOR GROWTH Grief Education Programme 0151 652 1281</p>	<p style="text-align: center;">DRUG ABUSE – Parents against DRUG SERVICE – Information and Advice Helpline – 24 hours Nat No: 0800 776 600 Wirral: 0151 604 7330</p>	<p style="text-align: center;">NATURAL FAMILY PLANNING: 0115 877 8310 NSPCC – For the protection of children: 0800 800 5000</p>
<p style="text-align: center;">CARITAS-SOCIAL ACTION 0207 901 4875</p>	<p style="text-align: center;">DEBT LINE Nat No: 0808 808 4000</p>	<p style="text-align: center;">ONE PARENT – Gingerbread 0800 018 4318</p>
<p style="text-align: center;">CARERS – Support for CROSSROADS: 01625 511044 Nat No: 01788 573653</p>	<p style="text-align: center;">EATING DISORDERS Youth Help: 0845 634 7650 Adult Help: 01603 621414</p>	<p style="text-align: center;"><u>PARENTING</u> Parentline Plus: 0808 800 2222</p>
<p style="text-align: center;">CATHOLIC CHILDREN’S SOCIETY – help for families and children in need: 0151 652 1281 / 01928 581459 01952 292 888 / 0161 998 8802</p>	<p style="text-align: center;">ELDERLY – Age Concern Nat No: 020 8765 7200 Helpline – Free phone 0800 00 9966</p>	<p style="text-align: center;">Marriage & Family Life Co-ord 0151 691 2811</p>
<p style="text-align: center;">Catholic Association for Racial Justice: 020 8802 8080</p>	<p style="text-align: center;">GAMBLERS ANONYMOUS 0161 976 5000 Nat No: 0207 384 3040</p>	<p style="text-align: center;">SEPARATED & DIVORCED Nat No: 0113 2640 638 BEGINNING EXPERIENCE 01945 246 542</p>
<p style="text-align: center;">CHILDLINE 24 hours – 0800 1111</p>	<p style="text-align: center;">GAY AND LESBIAN Catholics and their families Helpline: 0845 660 6000</p>	<p style="text-align: center;">Society for Protection of Unborn Children: 0207 0917091</p>
<p style="text-align: center;">SINGLE CATHOLICS 20’s & 30’s: 07950 202205</p>	<p style="text-align: center;">LIFE – Support in pregnancy Pro woman / Pro Child / Pro life Nat No: 0800 915 4600</p>	<p style="text-align: center;">SUICIDE/DESPAIR Papyrus supports parents anxious about children committing suicide Free phone: 08000 684141 Helpline: 0870 170 4000</p>
	<p style="text-align: center;">UCM: 0151 513 9156 - A Blyth SVP: 01270 764673 – R Sutton</p>	