

USEFUL CONTACTS

LOCAL ADVICE SERVICES AND HELPLINES

ALZHEIMERS SOCIETY BRANCHES

Mid Somerset Branch 01749 344774

Mon, Wed & Fri 9.30am–11.30am

South West Somerset Branch 01460 67877

Mon–Fri, 9am–5pm

MIND

Provides a telephone information service, plus day projects and groups, for people experiencing anxiety and depression.

Taunton [01823] 334906

West Somerset [01643] 708765

Mindline [01823] 276892

[Helpline: Fri – Sun, 8pm – midnight]

A Somerset-wide out of hours telephone support line for anyone suffering emotional distress, carers, family members and friends. Callers do not need to be in crisis but may need information, emotional support or understanding.

MENCAP –Somerset District Office: 01823 253199

NAS Somerset Branch

contact Mr Campbell Main on 01278 788776,

Email: camppbell.main@farming.co.uk

ON THE LEVEL

Offers a free, confidential service e throughout Somerset; for anyone under 18 or parents/guardians seeking advice and information on drugs and /or alcohol

Contact 01749 675766

www.onthelevel.org.uk

SOMERSET & WESSEX EATING DISORDERS ASSOCIATION

[SWEDA] Helpline [01458 448600] Wed 10–1, Thurs 4-7

SOMERSET GATEWAY [A Community Information Partnership]

For information, support and advice on such topics as:

- Sports, arts and leisure activities
- Education and lifelong learning
- Mobility and transport
- Employment and training

- Family, sex and personal issues
- Rights and legislation

Telephone: 01823 33637

Text: 07919 540839

Email: enquiry@somerset.gov.uk

Web:

www.foursite.somerset.gov.uk/cgi-bin/civis_server.sh

By Post: Enquiry Centre, The Library, Paul Street, Taunton, TA1 3XZ

TURNING POINT

A registered charity, provides advice, information & support for all drug & alcohol problems – this includes carer support. The service is confidential and free, and provides services for people with complex needs – including those affected by drug & alcohol misuse, mental health problems and those with a learning disability.

'Turning Point' is available throughout Somerset. Contact the number below to find your local centre.

Freephone 0800 389 8049

Taunton 01823 328463

Glastonbury 01458 83225

www.turning-point.co.uk