



Mental health services directory

(local and national)

Reviewed May 2024

A-Z of Local Mental Health Services in Rotherham/South Yorkshire

Amparo – South Yorkshire:

Email: amparo.service@listening-ear.co.uk

Telephone: 03300 088 9255

Website: <https://amparo.org.uk/our-locations/south-yorkshire/>

Support for those affected by suicide

Andy's Man Club:

Email: info@andysmanclub.co.uk

Website: <https://andysmanclub.co.uk/find-your-nearest-group/>

Andy's Man Club supports men with mental health issues and provides a safe and friendly environment for them to talk. They meet every Monday at 7pm in Rotherham town centre, Brinsworth and Manvers.

Archway Foundation CIC:

Telephone: 01709 363121

Charity tackling loneliness

ASK Women's Talking Group:

Website: <https://womenask.co.uk/>

Rawmarsh health centre, Rawmarsh, Rotherham. S62 6AE – Weekly on Wednesday's – 7pm–9pm.

An opportunity for women to meet up and chat in a friendly, welcoming and safe environment.

Be the One Campaign:

Website: <https://www.be-the-one.co.uk/>

Campaigning for suicide awareness and to reduce suicide rates. The website contains lots of support and resources that can help and support yourself, friends and family.

CAMHS:

Website: <https://camhs.rdash.nhs.uk/rotherham/>

Children and Adolescent Mental Health Services – Rotherham

Crisis Team – Rotherham:

Telephone: 0800 652 9571

Website: <https://www.rdash.nhs.uk/services/crisis-team/>

The crisis team provides emergency mental health support 24/7

Early Help:

Email: ehtriage@rotherham.gov.uk

Telephone: 01709 334 905

Early Help offers support to children and families. Services based around: health, development and wellbeing e.g. substance abuse, mental health, domestic and sexual abuse. Support with parenting, childcare, targeted youth support, jobs and training.

IESO:

Website: <https://www.iesohealth.com/>

Free online typed cognitive behavioural therapy (CBT) for over 18's. If you live in Rotherham you can self refer or ask through your GP.

Men Actually Talking Together (MATT):

Facebook: <https://www.facebook.com/MenActuallyTalking/>

An informal group offering a listening ear and help and advice at its weekly sessions each Tuesday at 2pm at Rotherham Titans Rugby Club. Over a cuppa, men can talk in an honest and open way about things they might be reluctant to discuss in the outside world. The group provides peer-to-peer support and can also point people in the right direction for professional help if needed.

NetReach Project – South Yorkshire:

Email: net.reach5@changing-lives.org.uk

Telephone: 07719 547752

Aims to support victims of online harms and tech abuse. Our work and support are mainly focused around intimate image abuse, online harassment, online sexual exploitation and online sex work.

Qwell:

Website: <https://www.qwell.io/>

Online chat with counsellors and emotional wellbeing practitioners providing mental health and emotional support. For those aged 18+ and registered with a GP in Rotherham.

Rehab 4 Addiction:

Email: info@rehab4addiction.co.uk

Telephone: 0800 1404690 or 0345 2223508

Website: <https://www.rehab4addiction.co.uk/>

Offers a wealth of resources and information about addiction and mental health, as well as a helpline that offers immediate assistance to those struggling with addiction.

Rotherham Abuse Counselling Service:

Email: info@rothacs.org.uk

Telephone: 01709 835482

Website: <http://www.rothacs.org.uk/>

Provides FREE specialist counselling for women, men and young people who have experienced abuse at any time in their life. People can refer themselves to the service, and can be referred from other agencies.

Rotherham Alcohol and Drug Service (ROADS)

Telephone: 0808 1753981

Email: rotherham@wearewithyou.org.uk

Website:

<https://www.wearewithyou.org.uk/services/rotherham-roads-rotherham-alcohol-and-drug-service/>

This service is for you if you're:

- living in Rotherham
- worried about your own drug or alcohol use or someone else's

Rotherham Mind:

Email: contactus@rbmind.co.uk

Telephone: 01709 919929

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

MIND provides mental health support, both locally and nationally.

Rotherham Rise:

Email: help@rotherhamrise.org.uk

Telephone: 0330 2020571

Website: <https://rotherhamrise.org.uk/referral>

Rotherham Rise supports people with mental health issues, self-harm, domestic violence and safeguarding.

Rotherham Safe Space:

Email: rotherhamsafespace.mhm@nhs.net

Telephone: 0808 246 5059

Website: <https://www.mhm.org.uk/rotherham-safe-space>

For adults over 18, offering a range of mental health support including face to face, phone, email or video call (Thursday – Monday 6pm– midnight). They provide a free safe place to chat,

access 1-1 emotional support, group discussions, workshops and activities to effectively manage your mental health and wellbeing.

Rotherham SOBS (survivors of bereavement by suicide)

Email: rotherham@uksobs.org

Telephone: 07984 320948

Website:

<https://uksobs.com/how-we-can-help/support-groups/rotherham/>

Support for those affected by suicide.

Rotherhive:

Website: <https://rotherhive.co.uk/>

Rotherhive provides a range of verified practical mental health & wellbeing information, support & advice for adults in Rotherham.

S62 Community Together Rotherham CIC:

Email: enquiries@s62ctr.co.uk

Website: <https://s62ctr.co.uk/>

Local community mental health support.

Talking Therapies:

Telephone: 03000 215108

Website:

<https://talkingtherapies.rdash.nhs.uk/about-nhs-rotherham-talking-therapies/>

Talking therapies for people suffering with anxiety, depression, PTSD, OCD, Phobia, Panic Attacks.

A-Z of National Mental Health services:

CALM (Campaign Against Living Miserably):

Website: <https://www.thecalmzone.net/>

Uniting the UK against suicide.

Childline:

Telephone: 0800 1111

Webchat:

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Website: <https://www.childline.org.uk/>

Available to anyone under 19 in the UK with any issue they are going through. Help is available at any time, day or night, via telephone, email or 1-2-1 counsellor chat.

Combat Stress:

Email: helpline@combatstress.org.uk

Telephone: 0800 1381619

Website: <https://combatstress.org.uk/>

We are Combat Stress, the UK's leading charity for veterans' mental health. For over a century, we've helped former servicemen and women with mental health problems such as post-traumatic stress disorder (PTSD), anxiety and depression.

Cruse:

Telephone: 0808 8081677

Website: Online chat: <https://www.cruse.org.uk/get-support/>

Grief and bereavement support.

Every Mind Matters:

Website: <https://www.nhs.uk/every-mind-matters/>

NHS service offering expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you.

Kooth:

Website: <https://www.kooth.com>

10-25 year olds can self-refer for mental health/wellbeing support and online counselling

Listening Ear:

Online referral form - <https://listening-ear.co.uk>

Emotional/psychological support services for children, young people and adults.

Op COURAGE:

Website:

<https://www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/>

Veterans mental health and wellbeing service for those due to leave the Armed Forces or those who have already left. You can self-refer or be referred through your GP or someone else can do it on your behalf.

Papyrus:

Website: <https://www.papyrus-uk.org/>

Prevention of young suicide.

Samaritans:

Email: jo@samaritans.org

Telephone: (freephone) 116 123

Available free, day or night, 365 days a year.

SANE:

Telephone: 0300 304 7000

Website: <https://www.sane.org.uk/>

SANE is a leading UK mental health charity improving quality of life for anyone affected by mental illness.

Shout:

Email: info@giveusashout.org

Telephone: (text) SHOUT to 85258

Website: <https://giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Stay Alive App:

Website: <https://www.stayalive.app/>

A handy free digital app you can download to your phone with the aim to prevent suicide and suicidal thoughts.

Veterans UK:

Email: veterans-uk@mod.gov.uk

Telephone: 0808 1914 218

Website: <https://www.gov.uk/guidance/veterans-uk-contact-us>

Mental health support for veterans

Young Minds:

Website: <https://www.youngminds.org.uk/>

Mental health charity for children, young people and their parents.