



The **Wellness** Centre

Free Support Numbers and Resources



FEEL FREE TO SHARE



CROYDON **BME** FORUM

TALK TO US

OFF THE RECORD

UPDATED 27TH MARCH 2020

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Croydon BME Forum
56a Mitcham Road, Croydon
www.cbmeforum.org

020 8684 3719

 @cbmeforum  croydonbmeforum  CroydonBMEForum

For latest help and advice.
Off The Record Youth Counselling Charity
72 Queens Road, Croydon, CR0 2PR
0208 251 0251
<https://www.talkofftherecord.org/>

National Domestic Violence Abuse Helpline
0808 200 0247
www.nationaldahelpline.org.uk

Victim Support Supporting victims of Crime
0808 168 9291
www.victimsupport.org.uk/more-us/contact-us

MIND Helpline
0300 123 3393
www.mind.org.uk/

Mental Health Crisis Helpline
0800 915 4644

South London and Maudsley – 24 hour
0800 731 2864

Samaritans
116 123
email -jo@samaritans.org

Papyrus
Hopeline UK
www.papyrus-uk.org/

Galop London LGBT Advice Line -
0207 704 2040
www.galop.org.uk

National LGBT Domestic Abuse line –
0800 999 5428
www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/

RASASC Rape and Sexual abuse Centre
0808 802 999
<https://www.rasasc.org/>

FGM Helpline (run by NSPCC) -
0800 028 3660

Suzy Lamplugh Trust –National Stalking Helpline –
0800 802 0300
www.suzylamplugh.org/

NSPCC Helpline
0808 800 5000
www.nspcc.org.uk/

Childline
0800 1111
www.childline.org.uk/

The Silver Line
0800 470 8090
A free confidential helpline providing information,
friendship and advice to older people, open 24 hours a day,
every day of the year
www.thesilverline.org.uk/

Call in Time
A free telephone friendship service for people 60 and over.
You will need to sign up via website
www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/

Shelter
0300 330 1234
Information on any housing issues. Homelessness,
evictions, repairs.

CALM - Emotional support for Suicidal Men
0808 802 5869
www.thecalmzone.net

NAPAC
0808 801 0331
Crime stoppers
0800 555 111

111 –NHS
999 – Emergency services (Police, Fire , Ambulance)
101- Non emergency crimes

Financial Help and Advice for the Self Employed

Self Employment & Universal Credit

<https://www.gov.uk/self-employment-and-universal-credit>

Employment & Support Allowance

<https://www.gov.uk/employment-support-allowance>

Covid-19 Small Business Government Grant

<https://smallbusiness.co.uk/how-do-i-get-the-government-3000-coronavirus-grant-2549866/>

Coronavirus Business Interruption Loan

<https://smallbusiness.co.uk/how-do-i-apply-for-a-coronavirus-business-interruption-loan-2549863/>

Citizen's Advice

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/>

Emergency Funding

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

Black Counsellors & Practitioners Offering Online & Telephone Support #CoronaAnxiety #CoronaCare

Wayne Mertins-Brown
One to one, couple & group counselling
www.TheCityCounsellor.com

Charlene Douglas
Psychodynamic Coach & Counsellor
www.theintimacycoachuk.com

Kwame Opoku
Counsellor / Psychotherapist
www.kwameopoku.com

Vanessa East
Online clinical hypnotherapy, EFT, Sekhem energy healing, Readings
[07985 338680](tel:07985338680)

ShediYah HatNebMaoo
Child Adolescent & Family Therapist, Counsellor
www.shediyahtherapeuticspace.co.uk

Michael Forfieh
Counsellor / Therapist
www.michaelforfiehcounselling.com

Hilary Witter
Theta Energy Healing
[07506771297](tel:07506771297)

Kandake
Holistic health, medical herbalism and nutritional therapy
[0749713639](tel:0749713639)

Black Counsellors & Practitioners Offering Online & Telephone Support

#CoronaAnxiety #CoronaCare

Gill Pelage
Counsellor / Psychotherapist
www.gillpelage.co.uk

Sheila
Counsellor
www.equilibriumtc.com
07480446844

Sue Brown
Counsellor & Coach
www.adaimcc.co.uk

Gamal Turawa
Coaching
purpleturawa@gmail.com

Cassandra Conteh
Wellbeing & Therapy
07507060192
Evetherapies@gmail.com

Free Counselling for NHS Staff
www.relationalschool.wordpress.com/we-see-you-we-hear-you-nhs-staff/

Powered by OrangeMoonWellbeing.com

If you know any Asian people / families in need of support especially in Croydon

https://twitter.com/hashtag/Croydon?src=hashtag_click, the team at Asian Resource Centre have put together various videos in few different Asian languages to explain the situation and how to get in touch for help.

Please share:

#hindi https://twitter.com/hashtag/hindi?src=hashtag_click

#tamil https://twitter.com/hashtag/tamil?src=hashtag_click

#Gujarati https://twitter.com/hashtag/Gujarati?src=hashtag_click

#chinese https://twitter.com/hashtag/chinese?src=hashtag_click

#bengali https://twitter.com/hashtag/bengali?src=hashtag_click

#farsi https://twitter.com/hashtag/farsi?src=hashtag_click

<https://www.arccltd.com/>

FEEL FREE TO SHARE

If you know of or have any more links that should be added to this resource please email info@bmeforum.org or What's App on 07957 349 004.

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“Individually we are one drop,
together we are an ocean.”
Ryunosuke Satoro

