

**Violence – Domestic & other**

**Women's Aid / Shelter**

☎ 0113 246 0401 National: 0808 200 247

**HALT (Help Advice and the Law Team)** : For women in court

☎ 0113 243 2632

**Sahara - Refuge for black women**

☎ 0113 230 5087

**Leeds Crisis Centre**

☎ 0113 275 5898

**Rape & Abuse line**

Women 0808 800 0123 Men 0808 800 0122

**STAR Project (Surviving Trauma After Rape)**

For men & women (14+) recently raped or sexually assaulted

☎ 01924 298 954

**STOP (Start Treating Others Positively)**

For men & women: Changing violent behaviour patterns

☎ 0113 244 6007 [www.stoponline.org](http://www.stoponline.org)

**Tulip:** For parents abused by children

☎ 0151 637 6060

Behind Closed Doors—[www.behind-closed-doors.org.uk](http://www.behind-closed-doors.org.uk)

Domestic Violence Officer—Police—0845 6060606

**Youth**

**Diocesan Youth Office:**

Fr Michael Kelly / Anna Cowell

☎ 261 8058

**Youth 2000:** For young Catholics everywhere

☎ 01937 579700

**Other**

**Catholic Association for Racial Justice**

☎ 020 8802 8080

**Caritas-Social Action**

☎ 020 7901 4875

**National Debtline**

☎ 0808 808 4000

**Migrant Advisory & Advocacy Service**

☎ 020 8571 7950

**Travellers Aid Trust**

01269 870621

**Housing Justice (Ecumenical)**

Bradford 01274 730 249

Leeds 0113 249 2484

Kirklees 01924 324 990

Huddersfield 01484 223 922

**Celebrating Family: Bishops' response to L2004**

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

**Union of Catholic Mothers (UCM)**

☎ 01924 442683

**St Vincent de Paul Society (SVP):** Local poverty relief

☎ 020 7407 4644

**National Board of Catholic Women (NBCW)**

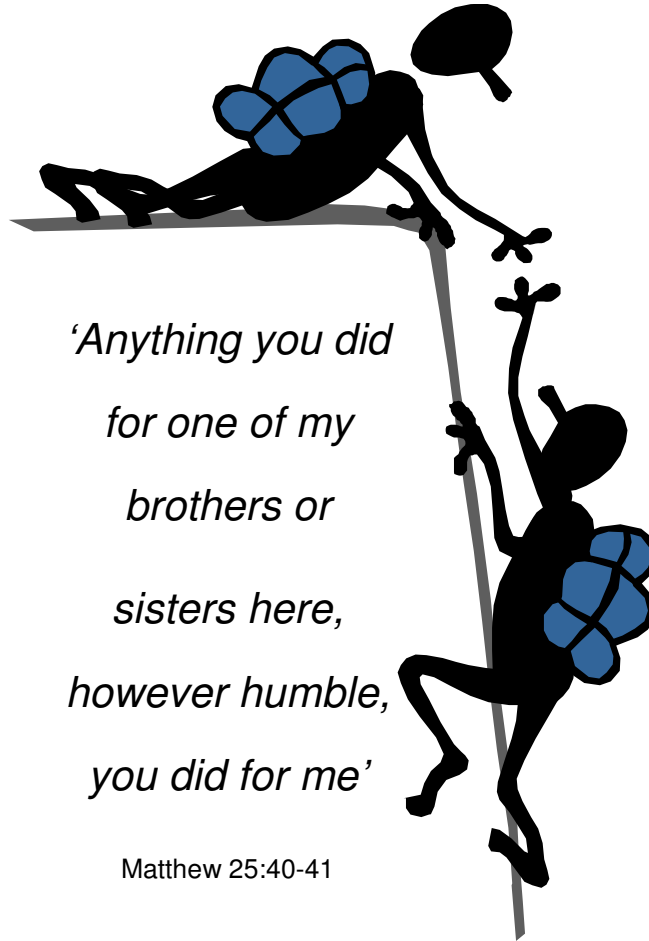
01642 791840 / [www.nbcw.org](http://www.nbcw.org)

**Leeds Mind Counselling** : One to One Counselling

☎ 0113 230 7673

**FAMILIAS:** [www.familias-ew.org.uk](http://www.familias-ew.org.uk) credit crunch contacts

This is not an exhaustive list ~ at  
[www.helplines.org.uk](http://www.helplines.org.uk) you can search for  
more services by topic



*'Anything you did  
for one of my  
brothers or  
sisters here,  
however humble,  
you did for me'*

Matthew 25:40-41

Compiled by: Family Life Ministry Leeds Diocese  
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☎ 0113 261 8050 ✉ [flm@flm.org.uk](mailto:flm@flm.org.uk)

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

**Any errors? Call us!**



**FAMILY LIFE MINISTRY  
LEEDS DIOCESE**

*Helplines  
for Families*

**2010**



### Adoption & Fostering

#### **Catholic Care**

☎ 0113 388 5400

#### **After Adoption Yorkshire**

☎ 0113 230 2100

### Abortion / Pregnancy Counselling

#### **Life**

☎ 0800 9154600/ 07786200330 (text)

#### **British Victims of Abortion (SPUC)**

☎ 0845 903 8501

**Rachel's Vineyard** healing for those hurt by abortion  
0705 9054 656

### Addiction

#### **Al-Anon and Alateen**

For family and friends of problem drinkers. 24 hr helpline

☎ 020 7403 0888

#### **Alcoholics Anonymous**

☎ 0113 245 4567

#### **St Anne's Detox Centre**

☎ 0113 243 4486

#### **Gamblers Anonymous** Helpline

☎ 08700 50 88 80

**Base 10 – Turning Point** (Drugs) 13-20 yrs & concerned parents

☎ 0113 243 3552

#### **Drugs Helpline**

☎ 0800 776600

#### **Drug Information & Advice Service**

☎ 0800 77 66 00

**Gasped:** for parents, carers and families of drug users

☎ 0845 146 0002

### Bereavement

#### **Beginning Experience**

For those bereaved by separation, divorce or death of partner

☎ Maria 0113 261 2732

#### **Association of Separated & Divorced Catholics**

☎ 0113 264 0638

**Compassionate Friends:** For bereaved parents

☎ 01924 369 056 National Helpline 0845 123 2304

**Child Death Helpline:** For anyone affected by the death of a child

☎ 0800 282 986

#### **Leeds Miscarriage Support Group**

☎ 01924 826 537

#### **Cruse**

☎ 0113 234 4150; Day by Day Helpline 0844 477 9400

**Rainbows :** Children bereaved through separation, death or divorce

☎ 0113 261 8050 / 0791 351 5563/ 01582 724106

**SOBS:** for those bereaved by suicide

☎ 0844 561 6855 www.uk-sobs.org.uk

#### **WAY (Widowed And Young)**

rachel\_green@yahoo.co.uk 0870 011 3450

### Disability

#### **Carers** Freephone

☎ 0808 807 7777

#### **Catholic Care**

☎ 0113 388 5400

#### **Faith and Light**

☎ 0113 286 3224

#### **Mencap**

☎ 0113 235 1331

#### **Catholic Deaf Association**

Voice and minicom 0161 834 8828

Textphone 18002 0161 835 1767

#### **Catholic Blind Services**

☎ 0121 441 5577

#### **Disability Alliance**

☎ 020 7247 8763

#### **Saneline**

☎ 0845 767 8000

#### **DIAL Disability Helpline**

☎ 0113 214 3630

### Eating Disorders

#### **Youth Help**

☎ 08456 347 650

### Elderly

#### **Age Concern Leeds**

☎ 0113 245 8579

### Family

#### **Careline**

Crisis counselling service for children or adults

☎ 020 8514 1177

#### **Catholic Care School & Community service**

Social work support for young people & families

☎ 0113 388 5400

#### **Association of Interchurch Families**

Helen & Richard Connell: 0113 252 9053

☎ National number: 020 7654 7251

#### **National Missing Persons Helpline**

☎ 0500 700 700

**Care for the Family:** Good resources for families

☎ 029 2081 0800/ www.careforthefamily.org.uk

#### **Inter-Faith Families**

www.interfaithmarriage.org.uk

### HIV/Aids

#### **Bridgeside:** Information & Advice

☎ 0113 242 3204/0800 567 123 (free 24 hours)

#### **Terence Higgins Trust**

☎ 0113 236 4720

#### **Catholics for Aids Prevention & Support**

☎ 020 8986 0807

### Marriage

**Marriage Preparation:** for engaged couples of all ages  
www.flm.org.uk/Marriage

**Marriage/Engaged Encounter:** weekend enrichment  
☎ 01423 322 876 / 0115 919 8486

**Teams of Our Lady:** local marriage support/enrichment  
☎ 01642 827 993 / 01937 574 831/ www.teamsofourlady.org.uk

#### **Natural Family Planning**

☎ 0113 260 0844 / www.fertilitycarecentre.co.uk

**Catholic Marriage Care:** confidential relationship counselling

☎ 0113 261 8045 / 270 3940

**Retrouvaille:** for couples in crisis www.retrouvaille.org  
**Relate**

☎ 0113 245 2595

**Advice on Annulment issues:** Leeds Diocesan Tribunal

☎ 0113 264 0638

### Parent Support

**Family Caring Trust (FCT):** Easy to use parenting programmes  
www.familycaring.co.uk

**Gingerbread:** For lone parents

☎ 0113 245 9580

#### **Parentline Plus (including stepfamilies)**

☎ 080 8800 2222

#### **Family Service Unit**

☎ 0113 248 4847

#### **Homestart**

☎ 0113 264 2419

**Young Minds:** Parents information service

☎ 0800 018 2138

### Samaritans

☎ 0113 245 6789 (24 hrs)

☎ 08457 909090 (24 hrs)

### Support for Children

**Childline:** Freephone for children

☎ 0800 1111

#### **NSPCC**

☎ 0800 800 5000 (24 hours)

#### **Anti Bullying campaign**

☎ 020 7378 1446

#### **Leeds Diocesan Child Protection Office**

☎ 0113 261 8046

### Victims of Crime

#### **Victim Support Scheme**

☎ 0113 271 3558 (S&W Leeds)

☎ 0113 239 2299 (NW Leeds)

☎ 0113 293 0199 (NE Leeds)

**Child & Family Resource Unit:** Support offender/victim

☎ 0113 392 6521/6103

Not all services listed here are Catholic services. Inclusion does not necessarily imply approval by the Diocese of Leeds.