

# Other Sources of Help: Emotional and Psychological Support

## National Health Service (NHS)

Families can refer to the NHS for counselling and psychological support. The NHS Direct number below is a 24-hour service.

**Tel:** 0845 46 47

**Web:** [www.nhs.uk/conditions/counselling/Pages/Introduction.aspx](http://www.nhs.uk/conditions/counselling/Pages/Introduction.aspx)

## British Association for Counselling and Psychotherapy (BACP)

BACP has a client information helpdesk which assists people to find a suitable counsellor with whom the family feel comfortable, in their particular area. The helpdesk staff can also discuss any queries or concerns that might arise while choosing a counsellor, or during the counselling process.

**Tel:** 01455 883316

**Web:** [www.bacp.co.uk](http://www.bacp.co.uk) or [www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists)

## Depression Alliance

This charity provides resources about depression and can send out information packs. It does not, however, run a helpline.

**Tel:** 0845 123 23 20

**Web:** [www.depressionalliance.org/](http://www.depressionalliance.org/)

## Relate

Relate offers advice, relationship counseling, sex therapy, workshops, mediation, consultations and support face-to-face for individuals and couples with relationship difficulties. Relate charges for its services.

**Tel:** 08451 30 40 16 (Monday- Thursday 8.00- 10.00, Friday 8.00- 5.00 and Saturday 9.00-6.00)

**Web:** [www.relate.org.uk](http://www.relate.org.uk)

## Samaritans

The Samaritans provide emotional support to people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Tel UK:** 08457 90 90 90

**Tel Republic of Ireland:** 1850 60 90 90

**Web:** [www.samaritans.org](http://www.samaritans.org)

## Sane

This charity provides emotional and psychological support through a 24-hour help line and online resources.

**Tel:** 0845 767 8000

**Web:** <http://www.sane.org.uk/>

## Someone is Missing – an Emotional Resource for Families of Missing People

Someone is Missing is an online resource developed by mental health and law-enforcement organisations in New South Wales, Australia. It includes information on the impact of having a missing family member. There is also information on a range of practical coping strategies for people dealing with the trauma of missing someone.

**Web:** <http://pandora.nla.gov.au/pan/40259/20100213-0001/www.missingpersons.org.au/index.html>

## Turn2me

This charity offers free group support and affordable one to one online sessions provided by a fully trained Counselling Psychologist who is a member of the British Psychology Society

**Web:** [www.turn2me.org](http://www.turn2me.org)

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For further information and guidance on the issues addressed in this guidance sheet, or for support relating to any aspect of someone going missing, call Missing People's free and confidential 24 hour helpline on 116 000 or email [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk)

Whilst this information has been provided in good faith, it should not be taken as legal advice. For information tailored to your circumstances, please contact your police force, solicitor or an advisory organisation as appropriate to your query.

Please let us know whether this guidance has been useful, either by answering a few short questions at <https://www.surveymonkey.com/s/MissingPeopleGuidance> or by emailing your comments to [policyandresearch@missingpeople.org.uk](mailto:policyandresearch@missingpeople.org.uk)