

As a social art studio there will be occasions where participants or collaborators of our projects need further help or support that we cannot provide. Because of this, we have collated a list of further charities and organisations. **All of these services are open for self-referrals unless stated otherwise.**

Support through artmaking

[Arts Network](#) - This is a mental health arts referral service that you need to be referred to to access.

[Three Cs](#) - For people with learning disabilities, autism and/or mental health challenges. Three Cs provide support for people living in Lewisham, Southwark, Greenwich, Newham, Redbridge and Hackney. You can get four different types of support for living: Community Support, Supported Living, Day Opportunities and Social Inclusion. Services are commissioned by local authorities or Clinical Commissioning Groups, or bought directly by individuals with a personal budget.

Support for young people and families

[Home Start](#) - Home-Start provides direct support through their local Home-Start network – families are introduced and matched to an available volunteer.

[Barnardo's](#) - A network of support services, from counselling to protecting children and young adults from abuse. Find a service through entering your postcode in the website.

[The Prince's Trust](#) - Support for young people to gain employment, develop skills, and receive a grant to cover training or education fees. Find a service through entering your postcode in the website.

[Young Minds](#) - Urgent help available for children and young adults with mental health issues. They provide a crisis helpline and a beginner's guide to the NHS's Child and Adolescent Mental Health Services (CAMHS) for young people and parents.

[YMCA](#) - Support given through a local YMCA Centre. They provide accommodation, training and wellbeing support.

[The Trussell Trust Food Banks](#) - Foodbank service across the UK. Use their 'Find a foodbank' search bar.

Mental health support

[Samaritans](#) - Free, 24/7 helpline for those struggling with their mental health. Call 116 123 or email jo@samaritans.org

[Mind UK](#) - Online support and information about mental health. Mind UK also runs a network of independent charities across the country for local support, you can find your closest Mind [here](#).

[NHS Talking Therapies](#) - Free talking therapy service by the NHS. Your GP can refer you or you can refer yourself directly.

[Age UK](#) - Network of local services for older people in the UK. They also run a free advice line through 0800 678 1602.

[Mental Health UK](#) - A partnership of four mental health charities across the UK, providing free mental health support and information online and locally.

Financial hardship support

[Turn2Us](#) - Register a free account online to check your benefit entitlement and search for financial support grants. You can find support for yourself or as an intermediary for someone else.

Crisis support

[The Red Cross](#) - The Red Cross provides a range of emergency crisis support services including: Emotional support, Mobility aids services, Refugee services, Help at home, Financial support and Help to find missing family. They also provide a range of free mental health resources and practical advice on how to prepare for emergencies.

For support from **LGBTQ, Queer Black, BAME and POC Charities, Organisations and Community Groups**, [Manchester Pride has a comprehensive list](#).