

THE
**lucy
rayner**
FOUNDATION



Support **PACK**

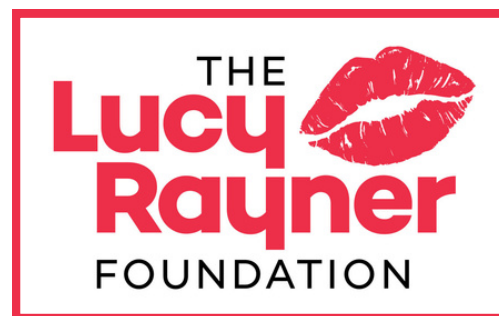




Who **ARE** We?

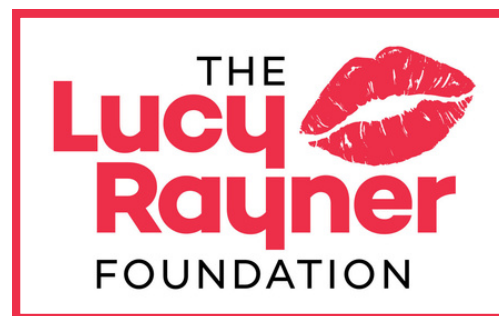
The Lucy Rayner Foundation is a mental health charity based in Surrey. We offer 6 counselling sessions to all young adults in Surrey aged between 14 and 39 and provide several support services to those suffering with their mental health. We were set up after the Rayner Family tragically lost their 22-year-old daughter Lucy, to suicide.

Support SERVICES



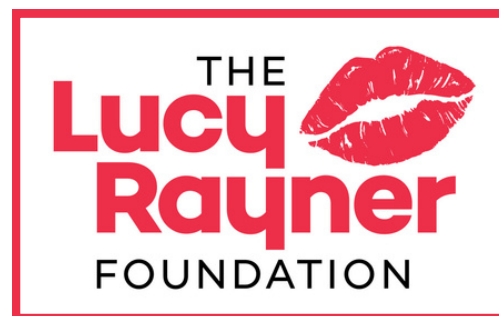
<p><u>Samaritans</u></p>	<p>Our Helpline, 116 123, is open 24/7 — Get in touch about anything that’s troubling you no matter how big or small the issue is. We’re here to help you work through what’s on your mind. Call us on our free number 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).</p>
<p><u>Childline</u></p>	<p>Online/on the phone at all times. Call 0800 1111 or visit https://www.childline.org.uk</p>
<p><u>Safe Haven</u></p>	<p>(Drop in centre, open each evening from 6pm to 11pm). Wingfield Resource Centre, St Anne's Drive, off Noke Drive, Redhill, RH1 1AU. Tel: 01737 771282</p> <p>Evening and weekend services for people experiencing mental ill-health and their carers, working in partnership with Surrey and Borders Partnership NHS Foundation Trust and East Surrey Clinical Commissioning Group. Safe Haven will help people with mental health problems to find their way out of crisis quickly, simply and without the need to go into hospital.</p> <p>They also offer crisis support virtually using this link: https://nhs.vc/sabp/safe-haven-redhill, this virtual service is available from 6pm to 11pm.</p>
<p><u>Relate</u></p>	<p>Services include relationship counselling for individuals and couples, family counselling, counselling for children and young people and sex therapy. East Surrey telephone: 01737 245212 Email admin@relatamidandeastsurrey.co.uk</p>
<p><u>Papyrus</u></p>	<p>Papyrus UK is a charity for the prevention of young suicide (under 35) in the UK Papyrus HOPELINE 24/7 0800 068 4141 Email - pat@papyrus-uk.org Text - 07860 039967</p>
<p><u>The Mix</u></p>	<p>Online support for under 25's - everything from homelessness to finding a job, from money to mental health, they are there to help you take on any challenge you’re facing, online and over the phone. Free Helpline 0808 808 4994 or request support by email using the form on The Mix website or use their crisis text messenger service.</p>
<p><u>SafeSpot</u></p>	<p>SafeSpot is a helpful app and website that aims to provide young people with access to coping strategies and resources. Visit www.safespot.org.uk</p>

Support SERVICES



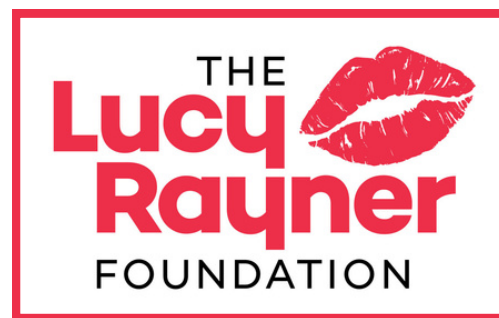
<p><u>Kooth</u></p>	<p>Kooth is an online mental wellbeing community. Access is free, safe and anonymous. Visit www.kooth.com</p>
<p><u>SANEline</u></p>	<p>SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Call SANEline on 0300 304 7000 (4pm–10pm every day)</p>
<p><u>SOS Silence of Suicide</u></p>	<p>Their mission is to eradicate the shame, stigma and silence surrounding mental health and suicide and provide a safe space for open conversations and support. Crisis Helpline 0808 115 1505, M - F 8 pm to midnight, S - S 4 pm to midnight or use online form for help www.sossilenceofsuicide.org</p>
<p><u>Catch 22</u></p>	<p>Works across justice, apprenticeships, education, young people & families and NCS. Catch22 designs and delivers services at every stage of the social welfare cycle. Young people and families, early intervention, targeted and specialist support services, alternative education, Schools, programmes and services for all ages. Visit: www.catch-22.org.uk Call: 020 7336 4800</p>
<p><u>Mindworks Surrey</u></p>	<p>Children and young people's emotional wellbeing and mental health service 24/7 Crisis Line 0800 915 4644 Visit www.mindworks-surrey.org</p>
<p><u>Headspace</u></p>	<p>Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day. Visit www.headspace.com</p>
<p><u>Place2Be</u></p>	<p>They provide school-based mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. Call: 020 7923 5500 Email: enquiries@place2be.org.uk</p>
<p><u>Stem4</u></p>	<p>Stem4 is a charity that supports positive mental health in teenagers. Visit the website for mental health information, apps and education www.stem4.org.uk email: enquiries@stem4.org.uk</p>

Support SERVICES



<p><u>Surrey and Borders Crisis Line</u></p>	<p>Support to anyone in Surrey and North East Hampshire experiencing a mental health crisis. Calls will be answered by a trained call handler who is experienced in working with people with mental ill-health. They can then help you access the support you may need by advising about local/national help available.</p> <p>Details of the call is kept confidential within SABP, however they will inform the emergency services if risk to self/others or intent to commit a crime is disclosed.</p> <p>Tel: 0800 915 4644</p>
<p><u>Stay Alive (App)</u></p>	<p>Suicide prevention resource with information and tools to help stay safe in crisis. The app includes a safety plan, customisable reasons for living, and a LifeBox to store photos and memories that are important. Also includes strategies for staying safe, grounding tips, guided breathing exercises and a Wellness Plan. The app also links directly to local and national crisis resources.</p>
<p><u>Calm Harm (App)</u></p>	<p>An app which provides tasks to help resist or manage the urge to self-harm. The information provided is based on basic principles of DBT. It helps users identify and manage their 'emotional mind', teaching impulse control, emotional regulation and tracking underlying triggers to harmful urges.</p> <p>Web: www.calmharm.co.uk</p>
<p><u>Self Injury support</u></p>	<p>A UK-wide service for women and girls affected by self-injury offering non-judgmental support, resources and materials to help people understand more.</p> <p>All services open Tues – Thurs 7pm-9.30pm</p> <p>Tel: 0808 800 8088</p> <p>Text: 07537 432444</p> <p>Web: www.selfinjurysupport.org.uk</p>
<p><u>Rise Above</u></p>	<p>Online resource for young people covering a range of topics including relationships, health, mental and wellbeing.</p> <p>Web: www.riseabove.org.uk</p>
<p><u>MindSpace</u></p>	<p>MindSpace offers a modern presentation of the timeless art of Meditation. Learn how to calm and focus your mind and gradually experience inner peace.</p>
<p><u>Anna Freud</u></p>	<p>Anna Freud National Centre for Children and Families is a children's charity dedicated to providing training & support for child mental health services.</p> <p>Visit: www.annafreud.org Tel: 020 7794 2313</p>

Support SERVICES



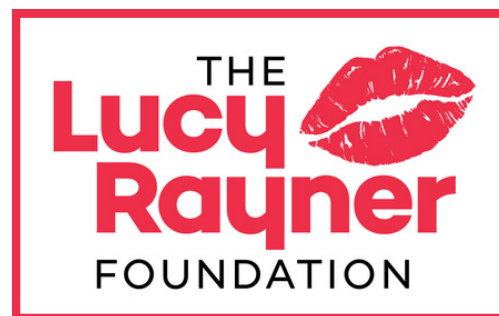
Messenger


<u>Young Minds</u>	<p>Text the YoungMinds Crisis Messenger for free, 24/7 support, across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258 All texts are answered by trained volunteers, with support from experienced clinical supervisors.</p> <p>Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.</p>
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Talking Therapies

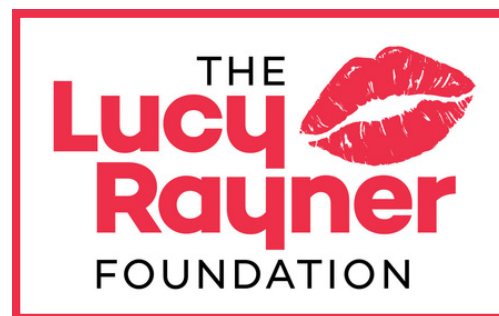
<u>Mental Health Matters</u>	<p>Mental Health Matters is a nationwide charity providing a wide range of support to people with mental health needs. Email: info@mhmm.org.uk Talking Therapies – 0300 330 545</p>
<u>STARS</u>	<p>STARS is a service for children, young people, and their families who have been affected by sexual abuse. They support children, young people and families affected by sexual abuse in Surrey. All work is also subject to pre-trial therapy guidance.</p>
<u>Off The Record</u>	<p>Free text-based counselling and workshops for young people in Croydon, Sutton or Merton. Support for Parents & Carers.</p> <p>Counselling service 11 – 25-year-olds covers local boroughs of Croydon - Telephone: 020 8251 0251 Email: croydon@talkofftherecord.org Sutton - Telephone: 020 8680 8899 Email: sutton@talkofftherecord.org Merton -Telephone: 0203 984 4004 Email: merton@talkofftherecord.org</p>

Support SERVICES



<p><u>Step by Step</u></p>	<p>Free Counselling for 11-25 year olds in Surrey.</p> <p>If you are registered with a GP in Surrey and are aged 11-25, you can self-refer to the service by completing their online referral form. (Click here for the form.)</p>
<p><u>Heads Together - YMCA</u></p>	<p>Heads Together provides free and confidential counselling to young people aged 11-24 in East Surrey and works in partnership with Mindworks Surrey. They can offer face-to-face, video or telephone counselling sessions to suit you.</p> <p>You can phone Heads Together directly on 01737 378481 or email headstog@ymcaeast Surrey.org.uk.</p>
<p><u>Jigsaw</u></p>	<p>Information, advice and guidance to help support bereaved children and young people and those facing the death of a loved one. They support families across Surrey, parts of West Sussex, Kent and surrounding areas.</p> <p>For support and advice, please call Jigsaw on 01342 313895. Their Helpline is staffed between 9.30 am and 12.30 pm on weekdays. Outside of those hours, please leave a message or use the contact form on their website.</p> <p>Alternatively, you can email them at info@jigsawsoutheast.org.uk</p>
	<p>Just Talk' coffee morning - The Lucy Rayner Foundation welcomes children under 14 to come along with a parent/carer to have a chat with our friendly team about what they can do to get help and the ways in which they can start their journey to better mental health. This takes places on the first Sunday of every month between 10am and 1pm at The Old Fire Station in Horley.</p>
<p><u>Shout</u></p>	<p>Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.</p> <p>Text: 85258 for help with anxiety, stress, depression, suicidal thoughts, loneliness, abuse, bullying and any issues affecting your mental health.</p>
<p><u>The Eikon Charity</u></p>	<p>TEL: 01932 347 434 Email: info@eikon.org.uk</p> <p>The Eikon Charity supports children and young people to overcome difficulties, become resilient and develop into confident adults who contribute positively to their communities. Wherever a young person is on that journey and whether they're feeling good about life or are really struggling, The Eikon Charity is there for them.</p>

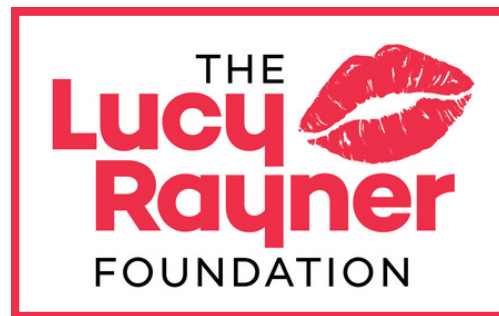
Support SERVICES



Bereavement Support

<p><u>Survivors of Bereavement By Suicide</u></p>	<p>SOBS is the only UK-based organisation offering peer-led support to adults impacted by suicide loss.</p> <ul style="list-style-type: none">• Telephone Helpline: Call 0300 111 5065• Email Support Service• Support Groups• Online Community Forum
<p><u>Jigsaw</u></p>	<p>Information, advice and guidance to help support bereaved children and young people and those facing the death of a loved one. They support families across Surrey, parts of West Sussex, Kent and surrounding areas.</p> <p>For support and advice, please call Jigsaw on 01342 313895. Their Helpline is staffed between 9.30 am and 12.30 pm on weekdays. Outside of those hours, please leave a message or use the contact form on their website. Alternatively, you can email them at info@jigsawsoutheast.org.uk</p>
<p><u>Winston's Wish</u></p>	<p>Winston's Wish is a charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief.</p> <p>Head to their website to refer yourself or someone else.</p>
<p><u>The Brigitte Trust</u></p>	<p>The Brigitte Trust is an independent registered charity offering a free service of emotional support and practical help from trained and supported volunteers. The service is for adults and their carers living in every Surrey borough and facing the challenges of life-limiting conditions including cancer, Motor neurone Disease and Multiple sclerosis.</p>

Support SERVICES



Drug Support

<u>Surrey Drug and Alcohol Care</u>	SDAC offer a Helpline open to callers, Monday to Friday, from 9 am to 9 pm. They help and support anyone concerned about the problems that drugs, alcohol or mental well-being cause. They support those with problems, or their parents, siblings or friends. Whatever you are going through, they can help. Call 0808 802 5000
<u>FRANK</u>	Confidential advice and information about drugs, their effects and the law. Call: 0300 123 6600 Text: 82111 Email: frank@talktofrank.com

Eating Disorders

<u>SEED</u>	SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non-judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery. You can access all of their services via a self referral.
<u>Beat</u>	Beat's National Helpline (0808 801 0677) encourages and empowers people to get help quickly because they know the sooner someone starts treatment, the greater their chance of recovery. People can contact Beat online or by phone 365 days a year. You can also contact them via live chat and email.
<u>Overeaters Anonymous</u>	Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviour's. They welcome everyone who feels they have a problem with food.

If you can't see what you are looking for:

Visit the Hub of Hope (<https://hubofhope.co.uk/>). The Hub of Hope allows you to enter your postcode and see a list of resources local to you.

Counselling for **14-39 YEAR OLD'S** in Surrey



The Lucy Rayner Foundation offers six counselling sessions for young adults aged between 14 and 39 in Surrey.

We are also proud to say that we have no waiting list! Once the referral has been processed, we will be in contact with the client between 24 and 48 hours to arrange an initial telephone assessment.

We offer both face-to-face and virtual counselling (location-dependent) and try our best to be as flexible as possible to fit the client's needs and preferences.

Referrals can be made by the clients themselves or via a family member/health or educational professional (as long as the client is aware of this).

To fill out a referral form, head to our counselling page via the following link:

<https://thelucyraynerfoundation.com/counselling-service/>



LRF

SUPPORT GROUPS

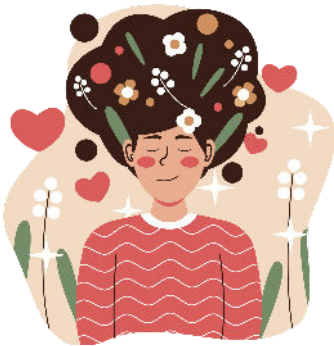
The Lucy Rayner Foundation has weekly Men's and Women's Support Groups which are available to all those 18+. Please see details below:

Women's Group

Are you looking for a safe space to connect with other women, build and strengthen your resources and learn to believe in yourself more? A place where you can share any life problems in a safe and non-judgemental environment with people who care? Why not join us from 7 to 8pm even Wednesday on Zoom?

Meeting ID: 863 0524 2478

Or you could join our Face to Face Women's Group? This takes place every Wednesday at 7pm at Ringcraft ABC & Fitness Centre, Honeycrock Lane (Contact us to join)



LRF

SUPPORT GROUPS

Men's Group

Here at The Lucy Rayner Foundation, we hold mental health discussion groups for men, where people from all walks of life can talk, listen and provide mutual support to one another. Whatever mental health issues you are facing, our weekly meetings in person and via zoom provide a safe space that is completely confidential and free of judgement.

All of our men's group sessions are on an ad-hoc basis so people can show up as and when they please.

Virtual: Thursdays 7-8 pm

Zoom ID for Virtual Group: 870 0163 5558

Face to Face: Tuesdays, 7-8 pm, Salfords Village Hall,
RH1 5DG





THANK You

The team at The Lucy Rayner Foundation are always happy to give general advice and support with signposting you to the most appropriate service. If you ever need any further information, or if you have any questions, please don't hesitate to contact us.

CONTACT US

01737 910 907



www.thelucyraynerfoundation.com



info@thelucyraynerfoundation.com

