

Other Services

Humberside

SEED Eating Disorder Support Service

Support group for both sufferers and carers in Hull and the East Riding. We provide a range of services including. Information and advice via phone, e-mail and website or just drop in to the Resource Room. A telephone and an e-mail buddying scheme. Regular Meetings Workshops Nutritional Advice Closed Therapy Groups

The Resource Room
257 Beverely Road
Hull
HU5 2ST

01482 344084

www.seeedatingdisorders.org.uk

Independent Complaints Advocacy East Riding of Yorkshire

ICA provides practical help and support for those who want to make a complaint about a service provided by the NHS. Free self help information packs are provided for those who wish to make the complaint themselves or an experienced advocate can help.

Community Enterprise Centre
Cottingham Road
Hull
HU5 2DH

0808 802 3000
Erica@carersfederation.co.uk

Essence - Support through Companionship

Our service is dedicated to those who would like to continue with the small things they have always enjoyed, but are perhaps finding it a little more difficult to maintain on their own, or would simply enjoy more with the company of someone else. Recent illness, lack of confidence, loss of a partner, age, or simply having to let go of the car can affect our well-being and desire to seek out those small activities which enhance our lives. We can help you maintain, find and enjoy those activities again.

www.essencecompanions.com

Harmless

Harmless is a user led organisation that provides a range of services about Self Harm including support, information, training and consultancy to people who self harm, their families, friends and professionals. We provide postal and e-mail self harm support through a counsellor and other volunteers that have personal, supportive and/or professional experience of self harm.

PO Box 10136
Nottingham
NG1 9HL

www.harmless.org.uk

Gamcare

Information, advice, support and free counselling for the prevention and treatment of problem gambling. We operate the Nation Gambling Helpline, provide treatment for problem gamblers and their families, create awareness about responsible gambling and treatment and encourage an effective approach to responsible gambling within the gambling industry. Open 8am - Midnight, Seven Days a Week.

0808 802 0133

www.gamcare.org.uk

Westcliff Drop In Centre Scunthorpe

The Westcliff Drop-In Centre is a community-led organisation based in the Westcliff estate, Scunthorpe, North Lincolnshire. Our vision is to help create a thriving, united, joyful community filled with inspiration; where residents have the opportunities and confidence to prosper and live happy and healthy lives.

01724 861565

www.westcliffdropin.co.uk