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| **Organisation** | **Logo** | **Contact details** | **About** |
| Age Concern |  | Telephone:  0800 735 0345  Email: [info@ageconcern.je](mailto:info@ageconcern.je) | Age Concern offer a wide range of social activities to offer both physical and mental stimulation. Lunches are served daily and there is also hairdressing salon and visiting chiropodist. |
| Autism Jersey |  | Telephone: 01534 871888  Email: [hello@autismjersey.org](mailto:hello@autismjersey.org) | Autism Jersey enables people on the autism spectrum to achieve their potential by advocating for an inclusive community and providing personalised services to individuals, families and carers. |
| Brighter Futures |  | Telephone: 01534 449487  Email:  [www.brighterfutures.org.je](http://www.brighterfutures.org.je)  info@brighterfutures.org.je | Brighter Futures offers a range of programmes which address parent and child relationships,  wellbeing and positive mental health, personal development and second chance learning. |
| Eyecan |  | Telephone:  01534 864689  Email:  [info@eyecan.je](mailto:info@eyecan.je) | Eyecan is Jersey’s only charity focused solely on supporting Islanders with sight impairment. |
| Enable |  | Telephone: 01534 485740    Email: [info@enablejersey.org](mailto:info@enablejersey.org) | Enable offer services to help people with disabilities, their families, carers and professionals in Jersey. |
| Family Nursing and Homecare |  | Telephone: 01534 443600    Email: [enquiries@fnhc.org.je](mailto:enquiries@fnhc.org.je) | Fnhc provide expert prenatal and parental care. They support children, young people, families and the members of our community who need healthcare or support in their homes. |
| Focus on Mental Illness |  | Telephone: 07797 710 900  Email: info@focusmi.org | Focus supports individuals and family members affected by severe mental illness. |
| Hub of Hope | Global web icon | Website: hubofhope.co.uk  App: Hub of Hope | The Hub of Hope is the UK’s leading mental health support database. It is provided by national mental health charity, Chasing the Sigma, and brings local, national, peer, community, charity, private and NHS mental health support services together in one place. |
| Jersey Action Against Rape (JAAR) |  | Telephone:  01534 482800  Email:  [help@jaar.je](mailto:help@jaar.je) | JAAR is an independent and confidential service helping people to recover from the trauma of sexual violence. |
| Jersey Eating Disorder Support (JEDS) |  | Telephone:  07797 778 016  Email:  [hello@jeds.je](mailto:hello@jeds.je) | JEDS provides support for those affected by eating disorders and their families and friends. |
| Jersey Employment Trust (JET) |  | Telephone: 01534 788900  Email:  [admin@jet.co.je](mailto:admin@jet.co.je) | JET supports people with disabilities and long-term health conditions secure and sustain employment. |
| Jersey Recovery College (JRC) |  | Telephone:  01534 505977  Email:  [hello@recovery.je](mailto:hello@recovery.je) | JRC provide education and training opportunities for people experiencing mental health difficulties and the families, friends and professionals who support them. |
| Liberate |  | Email: [hello@liberate.je](mailto:hello@liberate.je) | Liberate is the Channel Islands’ equality and diversity charity. |
| Listening Lounge (LINC) |  | Telephone:  01534 866793  Email:  [info@listeninglounge.care](mailto:info@listeninglounge.care) | LINC’s team of counsellors and peer workers provide mental health support which can be accessed free of charge and without the need for a referral. |
| Macmillan Jersey |  | Telephone:  01534 498188  Email:  [admin@macmillanjersey.com](mailto:admin@macmillanjersey.com) | Macmillan Jersey offers free emotional support, practical information, and group support to people in Jersey with any type of cancer and at any stage, along with their families and friends. |
| Man Club Jersey |  | Can be found on Facebook or LinkedIn | A place for men to just talk, just listen, and be heard. |
| Mind Jersey |  | Telephone:  07829 933 929  Email: [admin@mindjersey.org](mailto:admin@mindjersey.org) | Mind Jersey is an independent local charity that provides support to people living with mental illness. |
| Samaritans | Global web icon | Telephone :116123 Free 24hr.  0330 945717 Local call charges.  Email: [jo@samaritan.org](mailto:jo@samaritan.org). | Samaritans, provide a free service of people to talk to at any time. |
| Silkworth |  | Phone: 01534 729060  Email: [info@silkworthgroup.org](mailto:info@silkworthgroup.org)  Web site: www.silkworthgroup.org | Silkworth offers a fresh start on life free from alcohol and other drugs. They also support the family and friends and significant others who care about them.  People can self-refer, and they run various groups and support hubs alongside residential courses. |
| Jersey Adult Mental Health Crisis Number |  | Telephone: Free number.  01534 445290 (24hour)  <https://www.gov.je/health/pages/mentalhealthnetwork.aspx> | The free crisis number is to be used for those who require urgent Mental Health Support, the number is manned 24 hours a day.  If it is a medical condition, they are still to use the A/E Department.  The aim of the line is that people are seen within 4 hours. |
| Jersey Talking Therapies. |  | Telephone:  01534 445002  Email:  JTT@health.gov.je | Jersey Talking Therapies is part of the Jersey Health and Community Services Department and offers free and confidential psychological therapy for resident adults 18 and above living in Jersey.  This service can be self-referred. |
| Relate |  | Telephone:  01534 734980  Email: [relateappointment@gmail.com](mailto:relateappointment@gmail.com)  Web site:  www.relatejersey.com | We aim to help people through difficult stages in their relationship or sex life. We explore emotional and sexual difficulties that can arise in the life and end of relationships. We provide people with breathing space in a confidential setting where they can feel heard and understood. We help people cope with the pain and difficulties they are experiencing. |
| Yes Project (The Link) |  | Tel:  01534 280530  Email: yes@jys.je | The Youth Enquiry Service (YES) is a project supported by the States of Jersey and helps young people find up to date and accurate information and advice that they can use to make informed choices on a range of issues.  It is based in Eagle House in Colomberie and is aimed at the 14-25 age group. |