



# Support and Resources for Schools and Families in Buckinghamshire

These links and telephone numbers will assist those looking for support, whether it is financial, food, social or emotional, there are a variety of services available locally and nationally to help you.

Whilst every care is taken to ensure these pages are current and appropriate please let us know if you find any errors. We appreciate any feedback or new information of partners and agencies that may pop up, please email

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## **Finance, Bills and Support**

**Benefit and Grant Calculator:** <https://www.entitledto.co.uk/>

**Better Housing Better Health:** <https://www.bhbh.org.uk/> 0800 107 0044

**Buckinghamshire Financial Insecurity Partnership:** <https://www.buckinghamshire.gov.uk/campaign/money-problems/>

**Buckinghamshire Help:** <https://www.buckinghamshire.gov.uk/cost-of-living/> 01296 531 151 or 0800 999 7677

**Buckinghamshire Warm Spaces:** <https://www.buckinghamshire.gov.uk/cost-of-living/find-a-place-to-keep-warm-welcoming-spaces/> 01296 531 151 or 0800 999 7677

**Bucks Family Information Service:** [Buckinghamshire Family Information Service](#) 01296 383 293

**Citizen's Advice:** <https://www.citizensadvice.org.uk/> 0800 144 8848

**Confused.com Petrol Prices:** <https://www.confused.com/petrol-prices> (requires a registration)

**Energy Bill Support Scheme:** <https://www.gov.uk/government/news/energy-bills-support-scheme-explainer>

**Energy Saving Trust:** <http://www.energysavingtrust.org.uk/energy-at-home>

**Family Fund** supports families raising disabled and seriously ill children and young people: [Family Fund Support | Family Fund](#) 01904 550055

**Food Bank Vouchers and Referrals:** [Food Vouchers - The Trussell Trust](#) 01722 580 180

**Government Advice:** <https://www.gov.uk/cost-of-living>

**Government Cost of Living Payment:** <https://www.gov.uk/guidance/cost-of-living-payment>

**Government Cost of Living Support:** <https://costoflivingsupport.campaign.gov.uk/>

**Government Help with Energy Bills:** <https://www.gov.uk/get-help-energy-bills>

**Help with Energy Bills:** <https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills>

**Helping Hand:** <https://www.buckinghamshire.gov.uk/housing-and-benefits/support-with-food-bills-and-finances/>

**Home Start:** <https://www.home-start.org.uk/> 0116 464 5490

**Money and Benefits:** [Money and benefits | Family Information Service \(buckinghamshire.gov.uk\)](#) 0800 138 7777

**Money Helper Energy:** <https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/struggling-to-pay-your-gas-or-electricity-bill> 0800 138 7777

**Money Saving Expert:** <https://www.moneysavingexpert.com/>  
**National Debt Line:** <https://nationaldebtline.org/> 0808 171 3043  
**National Energy Action:** <https://www.nea.org.uk/> 0800 304 7159  
**Quaker Social Action:** <https://quakersocialaction.org.uk/we-can-help/money-finances/made-money/financial-wellbeing/help-cost-living> 020 8983 5030  
**Simple Energy Advice:** <https://www.simpleenergyadvice.org.uk/> 0800 444 202  
**Step Change:** <https://www.stepchange.org/> 0800 138 1111  
**Turn2Us:** <https://www.turn2us.org.uk/> 0808 802 2000

## **Food, Shopping & Cooking**

**Bootstrap Cook:** <https://cookingonabootstrap.com/>  
**Buckinghamshire Disability Service:** <https://buds.org.uk/information/> 01494 211179  
**Bucks Family Information Service:** <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/money-and-benefits/help-with-essentials/>  
**Bucks Food Partnership:** <https://bucksfoodpartnership.org/emergency-food/>  
**Budget Food Ideas:** <https://savings4savvymums.co.uk/>  
**Connection Support:** <https://www.connectionsupport.org.uk/> 01296 484322  
**Cut Down Grocery Bills:** <https://inews.co.uk/inews-lifestyle/money/bills/six-top-tips-to-help-you-save-on-your-grocery-bills-1912670>  
**Empower to Cook** <https://www.empowertocook.co.uk/about>  
**Family Lives:** <https://www.familylives.org.uk/> 0808 800 2222  
**Fare Share:** <http://fareshare.org.uk/> 0330 088 8688  
**Food Bank Directory:** <https://directory.buckinghamshire.gov.uk/?categories=food-support&collection=advice-and-support&page=1>  
**Healthy Living Centre** <https://www.healthylivingcentre.com/community-projects/> 01296 334562  
**How to Spend Less:** [Which.co.uk](http://Which.co.uk)  
**Joseph Rowntree Foundation:** <https://www.jrf.org.uk/>  
**Kids Eat Free:** <https://moneysavingcentral.co.uk/kids-eat-free>  
**Meal Planning:** <https://savvybites.co.uk/7-day-aldi-budget-meal-plan-dec-21-27/>  
**Money Helper:** <https://www.moneyhelper.org.uk/en/money-troubles/cost-of-living/where-can-i-get-emergency-help-with-money-and-food>  
**Olio Food Sharing:** <https://olioex.com/>  
**One Can Trust:** <https://onecantrust.org.uk/food-bank-collection-points/> 01494 512277  
**Too Good To Go:** <https://toogoodtogo.co.uk/en-gb/consumer>  
**Transforming Lives for Good – Make Lunch:** <https://www.tlg.org.uk/> 01274 900373  
**Trussell Trust:** [Trussell Trust](http://Trussell Trust) 01722 580 180  
**Wycombe Food Hub:** <https://wycombefoodhub.org/>

## **Community Hubs & Foodbanks**

### **Aylesbury**

**Aylesbury and Various Support Links:** <https://www.aylesburytownchaplaincy.co.uk/about-aylesbury-town-chaplaincy/support/> 01296 398110  
**Aylesbury Foodbank:** <https://aylesbury.foodbank.org.uk/> 01296 395514  
**Aylesbury Food Banks:** [https://www.trusselltrust.org/get-help/find-a-foodbank/aylesbury/?gad\\_source=1&gclid=CjwKCAjwzIK1BhAuEiwAHQmU3IKfLusXnfJf1TEjd9\\_1MFNts0qs7o\\_9tDI6crs6z2oE8wXTdnO\\_GxoCi14QAvD\\_BwE&gclsrc=aw.ds](https://www.trusselltrust.org/get-help/find-a-foodbank/aylesbury/?gad_source=1&gclid=CjwKCAjwzIK1BhAuEiwAHQmU3IKfLusXnfJf1TEjd9_1MFNts0qs7o_9tDI6crs6z2oE8wXTdnO_GxoCi14QAvD_BwE&gclsrc=aw.ds)  
**Aylesbury Homeless Action Group:** <http://www.ahag.org.uk/> 01296 435026

**Aylesbury Vineyard** - Make Lunch, Storehouse clothing and furniture & foodbank: <https://aylesburyvineyard.church/>  
01296 424400

**Bernie the Bernwode Bus:** <https://www.facebook.com/BernwodeBus/>

**Bicester Foodbank:** <https://bicester.foodbank.org.uk/> 01869 321806

**Buckingham Parish Church:**

[https://www.bpchurch.uk/Groups/149163/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Community.aspx](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

01280 830220

**Buckingham Parish Church:**

[https://www.bpchurch.uk/Groups/149163/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Community.aspx](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

[01280 81500](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

**Esquires Coffee shop and Church** on Berryfields: [foodbank@churchonberryfields.org](mailto:foodbank@churchonberryfields.org) 07919 332859

**Food Cycle:** <https://foodcycle.org.uk/location/foodcycle-aylesbury/> 020 7729 2775

[https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham\\_Parish\\_Church/Church\\_Life/Community/](https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham_Parish_Church/Church_Life/Community/)

[Buckingham Food Bank/Buckingham Food Bank.aspx](https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham_Parish_Church/Church_Life/Community/) 01280 830220

**Jedidiah:** <https://www.jedidiah.org.uk/locations>

**Milton Keynes Foodbank:** <http://mkfoodbank.org.uk/about-the-food-bank/> 01908 322 800

Offers small grants to Aylesbury Town residents in need; applications can be made by families to cover expenses such as uniform, school shoes etc. <https://thomashickmancharity.co.uk/> 01296 318500

**Southcourt Baptist Church:** [https://www.southcourtbaptist.org.uk/SBC\\_NEIGHBOURHOOD.htm](https://www.southcourtbaptist.org.uk/SBC_NEIGHBOURHOOD.htm) 01296 480080

**St Peter & St Paul's Church, Buckingham:** Provides food for those in need living north of Winslow

**Swan Community Hub:** <https://www.swancommunityhub.org.uk/>

**Thomas Hickman's Charity :** 14 Bourbon Street , Aylesbury, HP20 2RS , 01296 318500

**Trussell Trust:** Calvary Parish, Community Suite, Church Of England Primary School, Orchard Paradise, Berryfields, Aylesbury HP18 0WS

**Wendover Free Church:** <http://www.wendoverfreechurch.org.uk/> 01296 622354

**Youth Concern** will only help young people under the age of 25 with a connection to Buckinghamshire. They will be provided with a hot meal as well as shelter and advice. <https://www.youthconcern.org.uk/> 01296 431183

## **Chiltern & South Bucks**

**Burnham Care & Share:** [https://bhpt.org.uk/care-and-share/?dm\\_i=5438,KZ6A,4CAIDS,2ICYN,1](https://bhpt.org.uk/care-and-share/?dm_i=5438,KZ6A,4CAIDS,2ICYN,1) 07483326525

**Chesham Community Fridge:** <https://cheshamcommunityfridge.org/>

**Chesham Food Bank:** <https://www.facebook.com/Chiltern-foodbank-180188352017845/>

**Chiltern Foodbanks:** <http://chiltern.foodbank.org.uk/> 01494 785 660

**Chiltern Trussell Trust food bank** is located at 71 Broadway, Chesham, Bucks, HP5 1BX, and telephone is 01494 775668. <https://www.trusselltrust.org/get-help/find-a-foodbank/chiltern/> also at:

- The King's Church, Raans Road, Amersham, provides a parcel of food on Monday from 10 am to 2 pm.
- Calvary Parish, Community Suite, Church Of England Primary School, Orchard Paradise, Berryfields, Aylesbury HP18 0WS.
- 71 Broadway, Chesham HP5 1BX is open from 10.30am – 12.30pm.
- St George's Church is open on Thursdays. The address is White Lion Road, Little Chalfont HP7 9LW.

**Denham One Can food bank:** <https://www.denhamcommunitysupport.co.uk/food-bank.html> 07584 637697

**Food Share Maidenhead:** <https://www.foodshare.today/>

**Hope Church, Beaconsfield:** [https://www.hopebeaconsfield.co.uk/Groups/243545/Hope\\_Community\\_Drop.aspx](https://www.hopebeaconsfield.co.uk/Groups/243545/Hope_Community_Drop.aspx)

01494 675185

<https://www.achurchnearyou.com/church/5924/service-and-events/events-regular/> 01923 286131

<https://www.cheniesbenefice.org/st-georges-little-chalfont> 01494 762233

**Kings Church**, Amersham, Make Lunch, baby baskets, dad's support and furniture project. Call 01494 431882. Bags of food, fruits, and more is provided from the church. <https://www.kca.church/communitycare>

**Slough Foodbank:** <https://slough.foodbank.org.uk/> 0808 2082138

**St Michael & All Angels church in Beaconsfield:** <https://stmichaelsbeaconsfield.org.uk/> 07584 637697

**The Baby Bank (Windsor):** <https://www.thebabybank.org/>

## Wycombe

**Big Yellow Storage** A bag of groceries with enough food for 3 days is provided to the low income. 07584 637697

**Buckinghamshire Food Partnership:** <https://bucksfoodpartnership.org/emergency-food/>

**Foodcycle:** <https://foodcycle.org.uk/location/foodcycle-high-wycombe/> Oakridge Baptist church, Wednesdays

**High Wycombe Society** has free food or meals for older residents, such as pensioners, from the Pop-In-Centre. The charity also runs a furniture project, provides financial aid (which can be used for buying food or groceries) and other help. Find more information on [support from High Wycombe Society](#) and how the charity can assist.

**Holy Trinity Church, Prestwood:** <https://www.htprestwood.org.uk/> 01494 863805

**Little Marlow Church**, Coldmoorholm Lane, Little Marlow, telephone – 07584 637697

**Maidenhead foodbank:** <https://www.facebook.com/FoodshareMaidenheadFoodbank/>

**One Can Trust:** One Can Trust has operates a foodbank based in High Wycombe, serving the Wycombe and Marlow area. They work with almost 100 front line agencies who refer people for food aid: <http://onecantrust.org.uk>

**St John the Baptist Church, Little Marlow:** <https://4u-team.org/onecantrust/> 07584 637697

**Wycombe Food Hub:** <https://wycombefoodhub.org/>

**Wycombe Homeless Connection:** <https://www.wyhoc.org.uk/> 01494 447699

## Housing

**Advice Now:** <https://www.advicenow.org.uk/help-deal-housing-problems>

**Buckinghamshire Council:** <https://www.buckinghamshire.gov.uk/housing-and-benefits/>

**Centrepoint:** <https://centrepoint.org.uk/what-we-do/housing/> 0800 587 5158

**Crisis:** <https://www.crisis.org.uk/ending-homelessness/about-homelessness/>

**DePaul:** <https://www.depaul.org.uk/>

**Foyer:** <https://www.foyer.net/>

**Government Guidance:** <https://www.gov.uk/if-youre-homeless-at-risk-of-homelessness>

**Homeless Link:** <https://homeless.org.uk/>

**Housing Ombudsmen:** <https://www.housing-ombudsman.org.uk/residents/helpful-links/>

**Money Helper Mortgages:** <https://www.moneyhelper.org.uk/en/homes/buying-a-home/government-help-if-you-cant-pay-your-mortgage> 0800 138 7777

**P3 Housing Support:** <https://www.p3charity.org/services/buckinghamshire-housing-support-service->

**Salvation Army:** <https://www.salvationarmy.org.uk/homelessness>

**Shelter:** [https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help) 0808 800 4444

**YMCA:** <https://www.ymca.org.uk/about/what-we-do/housing>

## Money and Budget Advice Websites

- [Money and benefits | Family Information Service \(buckinghamshire.gov.uk\)](#) 01296 383293
- [www.citizensadvicebucks.org.uk](http://www.citizensadvicebucks.org.uk) 0800 278 7938
- <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/family.page?familychannel=3>
- <https://quidsinmagazine.com/> 0845 646 0469
- <https://www.moneyadvice.service.org.uk/en> 0800 138 7777
- <https://www.moneysavingexpert.com/news/2011/04/free-money-advice-service-launches/>
- <http://www.billhelp.uk/>
- <https://www.bbc.co.uk/bitesize/tags/zm2chbk/money/1>
- <https://lookaftermybills.com/> 0300 123 2040
- <https://www.stepchange.org/debt-info/your-financial-situation/making-a-budget.aspx> 0800 138 111
- <https://www.childrenssociety.org.uk/advice-hub/money-matters/budgeting> 0300 303 7000
- <https://capuk.org/> 01274 760761
- <https://www.entitledto.co.uk/>
- <https://nationaldebtline.org/> 0808 808 4000

- <https://www.bucksmind.org.uk/guide/category/advice-and-information/> 01494 463364
- <https://www.familyfund.org.uk/>
- <https://contact.org.uk/> 020 7608 8700

## **Support and General Advice**

- <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/site.page?id=niLwOu14rtl> 01296 383292
- <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>
- <https://www.buckinghamshire.gov.uk/community-and-safety/>
- <https://www.citizensadvice.org.uk/> 0808 223 113
- <https://www.relate.org.uk/>
- <https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/> 0808 808 3555
- <https://england.shelter.org.uk/> 0808 800 4444
- <https://www.samaritans.org/> 116 123
- <https://www.met.police.uk/police-forces/metropolitan-police/areas/about-us/about-the-met/campaigns/ask-for-angela/> 0800 555 111
- [http://www.barnardos.org.uk/what we do/our work/service-search.htm](http://www.barnardos.org.uk/what_we_do/our_work/service-search.htm) 0800 11 11
- <https://www.myrtwellbeing.org.uk/> 020 83587280
- <https://www.england.nhs.uk/supporting-our-nhs-people/how-to-guides/financial-wellbeing/financial-wellbeing-support/> 0300 311 22 33
- <https://www.womensaid.org.uk/>
- <https://www.areyouok.co.uk/im-a-professional/campaign-materials/ask-for-angela/>
- <https://www.aylesburywomensaid.org.uk/refuge/> 01296 437 777
- <https://www.wycombewomensaid.org.uk/> 01494 461367
- <https://www.refuge.org.uk/get-help-now/help-for-men/> 0808 2000 247
- <http://www.mensadvice.org.uk/> 0808 8010327
- <https://www.connectingbucksschools.com/bereavement/>
- <https://www.gingerbread.org.uk/> 0808 802 0925
- <https://www.singleparents.org.uk/>
- <https://www.netmums.com/support/single-parents>
- <https://www.carersuk.org/help-and-advice/financial-support> 0808 808 7777
- <https://www.chat-charity.org.uk/> 07402 063133
- <https://ourtime.org.uk/schools/>
- <https://www.family-action.org.uk/> 0808 802 6666
- <https://www.cafcass.gov.uk/about-cafcass/>
- <https://www.supportline.org.uk/problems/coronavirus-covid-19/> 01708 765200
- <https://www.buckinghamshire.gov.uk/community-and-safety/community-centres-and-youth-clubs/> 0300 131 6000
- <https://www.connectionsupport.org.uk/> 01908 101330
- <https://services.actionforchildren.org.uk/bucks-activity-project/about-us/> 01296 438230
- <https://mymaxcard.co.uk/> 01133 947951
- <https://oasispartnership.org/> 0300 6662747
- <https://www.home-start.org.uk/> 0116 464 5490
- <https://www.familylives.org.uk/> 0808 800 2222

## Wellbeing & Mental Health

### Suicide Prevention and Support

- <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>
- <https://www.samaritans.org/> Call 116 123
- <https://www.mentalhealth.org.uk/our-work/public-engagement/suicide-prevention>
- <https://www.papyrus-uk.org/> Call: 0800 068 4141 or text: 07860 039 967
- <https://sossilenceofsuicide.org/> 0808 115 1505
- <https://andysmanclub.co.uk/>

### Mental Health Support

- <https://schoolsweb.buckscc.gov.uk/behaviour-wellbeing/wellbeing-support-for-buckinghamshire-schools/wellbeing-resources/> 0800 783 0121
- <https://www.connectingbucksschools.com/buckinghamshire-wellbeing-resources/>
- <https://www.minded.org.uk/>
- <https://giveusashout.org/>
- <https://studentspace.org.uk/> 0808 808 4994
- [Autonomous sensory meridian response on BBC R1](#)
- <https://www.thecalmzone.net/> 0800 585858
- <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-pupils> 020 7803 11 00
- <https://www.mind.org.uk/information-support/> 0300 123 3393
- <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/> 01296 831120
- <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support> 116 123
- <https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/> 116 123
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XeZ-ZoP7TIU> 0300 123 3393
- <https://www.royalvoluntaryservice.org.uk/> 0330 555 0310
- <https://www.nuffieldhealth.com/article/10-ways-to-take-action-against-loneliness> 0333 3558038
- <https://www.rethink.org/> 0121 522 7007
- <https://youngminds.org.uk/> 0808 802 5544
- <https://www.headstogether.org.uk/>
- <https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html> 0113 343 8440
- <https://www.myworldofwork.co.uk/wellbeing-support> 0800 917 8000
- <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing> 0300 123 1233
- <https://www.together-uk.org/> 020 7780 7300
- <https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health> 0800 842 842
- <https://headstrongtraining.co.uk/services-for-education/> 07492 903659
- [Our Time | For children of parents with a mental illness](#) 07537 404 282
- <https://www.mindsahead.org.uk/>
- <https://www.nhs.uk/conditions/menopause/help-and-support/> 01296 831120
- <https://www.menopauseandme.co.uk/> 01707 853000
- <https://www.familyfund.org.uk/>

## Apps Available

- [#stayalive](#) - a suicide prevention resource full of useful information and tools to help you stay safe in crisis
- [Blueice](#) – for managing emotions and feelings of self-harm
- [Bright Sky](#) - support and information for anyone who may be in an abusive relationship
- [Calm Harm](#) - help teenagers manage or resist the urge to self-harm
- [Catchit](#) – Learn to manage negative thoughts and look at problems differently
- [Chillpanda](#) – Breathing techniques to help you relax
- [Clear Fear](#) - help children and young people manage symptoms of anxiety
- [Coggi](#) - helps children to navigate different life experiences with the assistance of an augmented reality friend.  
Ages 4+
- [Combined Minds](#) - help families and friends provide mental health support
- [Couch to 5K](#) – fitness and motivation
- [Cove](#) – Create Music to reflect emotions
- [Daylio Journal](#) – this journal can help reduce anxiety and promote mindfulness
- [DistrAct](#) - an app to help you manage feelings of self-harm or suicide.
- [Drink Coach](#) - designed for individuals who want to cut down on their alcohol consumption
- [Eating Disorder Support](#) - for people with eating disorders to access information and self-care tips.
- [eQuoo](#) – emotional fitness game
- [Fear Tools](#) - this features an anxiety test, relaxing music, guided meditation, a thought diary and ideas for activities to help when you're feeling anxious
- [Feeling Good: Positive Mindset](#) – Uses audio tracks to help relax your body and mind
- [Grief Works](#) - a self-management app to help people manage their bereavement.
- [Gro Health](#) - helps you improve or maintain your general health and wellbeing. It includes sleep guides, food and exercise tracking, coaching and community support.
- [Headspace](#) - mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep
- [Holly Health Habit](#) - coaching app to help you manage your mental health and general wellbeing.
- [Kooth](#) - designed to provide mental health and emotional wellbeing support for ages 11+
- [Liberate Meditation](#) - meditation app that offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community
- [Lungy](#) - a breathing app that recognizes and responds to the user's breath to help them feel calmer and more relaxed, providing a real-time audiovisual experience
- [Mind Shift](#) - designed to help teens and young adults cope with anxiety
- [Mindfulness Coach](#) - an app for veterans and service members that helps you to practice mindfulness and manage your mental wellbeing.
- [Mood Mission](#) - based in cognitive behavioural therapy (CBT). For users who want help recovering from anxiety or depression.
- [Mood Tools](#) - designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery
- [Move Mood](#) - an app to help you manage low mood and depression.
- [My Possible Self](#) - monitor your feelings and recognise any patterns or triggers in your behaviour
- [NOCD](#) - helps you to cope when your OCD becomes overwhelming.
- [notOK](#) - features a large, red button that can be activated to let close friends, family and their support network know help is needed
- [Qwell](#) - helps you manage your mental wellbeing, goal setting, mood patterns, etc.
- [Recovery Record](#) - the smart companion for managing your journey to recovery from eating disorders
- [Remente](#) - an app to help manage feelings of stress, anxiety & depression.

- [Rezlcare](#) - information and support for people diagnosed with cancer. RezlCare audio guides introduce Mindfulness Based Cognitive Therapy.
- [Sam](#) - to help you understand and manage anxiety
- [Self Compassion](#) - designed to help users reduce stress and anxiety and to relax more through self-compassion.
- [Silver Cloud](#) - supportive and interactive programmes, tools and tactics for mental and behavioural health issues
- [Sleepio](#) - sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep
- [Stay Alive](#) - an app where you can keep a safety plan and explore ideas on how to stay grounded when you are feeling overwhelmed
- [Streaks](#) - a to-do list that helps you form good habits
- [Student Health App](#) – access to information and advice on more than 125 topics, with reliable health information
- [Tellmi](#) - an app to help you manage your mental health, includes a monitored chat forum.
- [Triumfland Saga](#) – app to enhance mental wellness. The game provides interactive learning tailored to foster emotional resilience and healthy habits.
- [Unmind](#) - a mental health platform that empowers staff to proactively improve their mental wellbeing
- [Virtual Hope Box](#) - helps people live through painful emotional experiences through distraction, inspiration, relaxation, coping, support and reasons for living
- [Worklife Central](#) - collection of expertise, information and inspiration for Careers, Families, Inclusion, Wellbeing and Workplace.
- [Worry Tree](#) – help to manage worries with CBT
- [Worth Warrior](#) - for young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders.
- [Wysa](#) - helps you sleep better and gives you ways to manage depression, stress and anxiety.
- [Young Carers Support](#) - app for young carers to find support and self-care tips.
- [Zero Suicide Alliance](#) - provides you with a better understanding of the signs to look out for and the skills required to approach someone who is struggling

## **Refugee Support**

**Bucks Refugee Support:** <https://schoolsweb.buckscc.gov.uk/support-available-for-ukrainian-families-in-buckinghamshire/> 0300 131 6000

**Refugee Council** <https://www.refugeecouncil.org.uk/> 08081967272

**Refugee Action** <https://www.refugee-action.org.uk/>

**Families with No Recourse to Public Funds:**

[https://www.proceduresonline.com/buckinghamshire/chservices/p\\_no\\_recourse\\_public.html](https://www.proceduresonline.com/buckinghamshire/chservices/p_no_recourse_public.html)

**Unaccompanied Asylum-seeking Children:** <https://bscb.procedures.org.uk/qkqsq/children-in-specific-circumstances/migrant-and-unaccompanied-asylum-seeking-children-guidance>

**Amnesty International** <https://www.amnesty.org/en/what-we-do/refugees-asylum-seekers-and-migrants/> 020-74135500

**Community Impact Bucks** <https://communityimpactbucks.org.uk/support-for-ukrainian-refugees-in-buckinghamshire/> 0300 111 1250

**Bucks Skills Hub:** <https://bucksskillshub.org/pages/support-for-refugees> 01494 927130

**Ukrainian Institute** <https://refugee-support.ukrainianinstitute.org.uk/settling-into-the-uk>

**Refugees at Home** <https://www.refugeesathome.org/>

**Mind** <https://www.bucksmind.org.uk/ukraine-refugee-support/> 01494 463364

**Heart of Bucks** <https://heartofbucks.org/buckinghamshire-launches-its-ukraine-crisis-fund/> 01296 330 134

**Helping Hand for Ukraine:** <https://www.buckinghamshire.gov.uk/community-and-safety/helping-hand-for-ukraine/>  
0300 131 6000

**Helping Hand: Support for Afghanistan:** <https://www.buckinghamshire.gov.uk/community-and-safety/how-we-are-supporting-the-afghan-crisis/> 0300 131 6000

**Settling in Buckinghamshire: Information for Afghan migrants:** <https://www.buckinghamshire.gov.uk/community-and-safety/welcome-to-bucks/> 0800 999 7677

**English Language Support:** <https://www.buckinghamshire.gov.uk/community-and-safety/helping-hand-for-ukraine/help-and-support-if-youve-recently-arrived-from-ukraine/english-language-support/> 0300 131 6000

**Wycombe Refugee Partnership:** <https://www.wycombe-refugees.org/> 0845 643 2873

**Marlow Ukraine Collective** <https://ukrainecollective.co.uk/>

**Marlow Refugee Action:** <https://marlowrefugeeaction.org.uk/wafaa-from-syria-to-bucks/>

**Bucks Business First:** <https://bbf.uk.com/support-for-refugees> 01494 927130

**Bucks New University:** <https://www.bucks.ac.uk/news/bnu-launches-new-scholarships-refugees-and-asylum-seekers>  
01494 522 141

**Migrant & Refugee Children's Legal Unit:** <https://miclu.org/servicesmap> 020 7288 7630

## **COVID-19 Information and Support**

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/government/news/new-guidance-sets-out-how-to-live-safely-with-covid-19>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

## **Gypsy, Roma Traveller**

**Roma Support Group:** <https://www.romasupportgroup.org.uk/>

**Traveller Movement:** <https://travellermovement.org.uk/>

**Friends, Families & Travellers:** <https://www.gypsy-traveller.org/>

**Travellers Times:** <https://www.travellerstimes.org.uk/advice>

**Friends, Families and Travellers** <https://www.gypsy-traveller.org/>

## **Missing Persons**

<https://www.thamesvalley.police.uk/advice/advice-and-information/missing-person/missing-persons/>

<https://missingpersons.police.uk/en-gb/home#>

<https://www.missingpeople.org.uk/>

<https://www.gov.uk/report-missing-person>