

## Wellbeing Support Resources



Care for the Family's family life section includes support for expectant fathers, dads, couples, and those who have been bereaved: <https://www.careforthefamily.org.uk/family-life>

And our faith in the family section includes ideas and support for those who want to look at spiritual wellbeing for themselves and their families from a Christian perspective:

<https://www.careforthefamily.org.uk/faith-in-the-family>

### Other organisations that provide support

The following is a list of some other organisations offering mental, physical, and spiritual wellbeing support. Any views or opinions expressed are solely those of the organisation and do not necessarily represent those of Care for the Family. Care for the Family cannot be held responsible for advice given through these organisations.

#### Association of Christian Counsellors

National database for Christian counsellors  
[www.acc-uk.org](http://www.acc-uk.org)

#### British Association for Counselling & Psychotherapy

National database for counsellors and psychotherapists  
[www.bacp.co.uk](http://www.bacp.co.uk)

#### CALM (Campaign Against Living Miserably)

Suicide support and prevention services with an emphasis on men under 45, including a helpline and webchat

[www.thecalmzone.net](http://www.thecalmzone.net)

#### Christians Against Poverty

Supporting people through debt and poverty  
[www.capuk.org](http://www.capuk.org)

### **Christian Vision for Men**

Supporting churches in developing men's ministry, and running events and conferences for men  
[www.cvm.org.uk](http://www.cvm.org.uk)

### **College of Sexual and Relationship Therapists**

Supporting healthy, satisfying and rewarding personal relationships  
[www.cosrt.org.uk](http://www.cosrt.org.uk)

### **DAD.info**

Resources and content for every stage of a dad's journey. An interactive forum for peer-to-peer support and advice amongst dads  
[www.dad.info](http://www.dad.info)

### **Divorce Recovery Workshops**

Helping people going through relationship breakups  
[www.drw.org.uk](http://www.drw.org.uk)

### **Divorce Support Group**

Seminars and support groups for those going through separation and divorce  
<https://divorcesupportgroup.co.uk/>

### **Families Need Fathers**

Supporting dads, mums and grandparents to have personal contact and meaningful relationships with their children following parental separation  
[www.fnf.org.uk](http://www.fnf.org.uk)

### **Family Rights Group**

Advice and information for families on children who are in need, at risk, or who are in the care system  
[www.frg.org.uk](http://www.frg.org.uk)

### **Gingerbread**

Advice, practical support and campaign for single parents  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

### **Mind**

Information and support on mental health issues  
[www.mind.org.uk](http://www.mind.org.uk)

### **Mind and Soul**

A Christian organisation offering information and resources on mental health issues  
[www.mindandsoulfoundation.org](http://www.mindandsoulfoundation.org)

### **Relate**

For those facing relationship difficulties or looking to strengthen their relationships  
[www.relate.org.uk](http://www.relate.org.uk)

### **Samaritans**

24-hour helpline for those who need to talk  
Tel: 116 123 [24 hour, free phone]  
[www.samaritans.org](http://www.samaritans.org)

### **The Dadsnet**

Connecting a community of dads and offering support, encouragement and insight  
[www.thedadsnet.com](http://www.thedadsnet.com)

### **Wellbeing Course**

A new series exploring holistic wellness: body, mind and spirit.  
[www.wellbeingjourney.org](http://www.wellbeingjourney.org)

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