

Support Services in Bucks

Elderly Care Support

Bucks social care – can self-refer for assistance and support:

[Ask adult social care for help | Care Advice Buckinghamshire](#)

Age UK – Help with support, befriending and help in the home:

[Age UK Buckinghamshire - Help in the Home](#)

Handy Helpers – support with maintenance externally and internally in the home, prevention of risks in the home:

[Age UK Buckinghamshire - Help in the Home](#)

Age space – befriending service:

[Companionship & Befriending Services in Buckinghamshire | Elderly Care \(agespace.org\)](#)

Talking and Listening Services – Adults and Young People

Bucks talking therapy service – free and can self-refer:

[NHS Buckinghamshire Talking Therapies - for anxiety and depression NHS Buckinghamshire Talking Therapies \(oxfordhealth.nhs.uk\)](#)

Bucks Mind – talking therapy:

[NHS Talking Therapies - Bucks Mind](#)

CAMHS – child and adolescent mental health service:

[Oxford Health CAMHS | Child and Adolescent Mental Health Service Oxford Health CAMHS](#)

Childline – for any child or young person who needs to talk or is worried:

[Childline | Childline](#)

Kooth – online anonymous support service for 11–18-year-olds:

[Home - Kooth](#)

Youth Concern – emotional and practical support for 13 – 25 year olds suffering abuse, poverty and homelessness

[Youth Concern Aylesbury - Home](#)

Bucks Buddies befriending – companionship and support for people with a disability

[About BuDS BuDDies – BuDS](#)

Papyrus – suicide support for people under 35 years

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](https://www.papyrus-uk.org/)

Samaritans – free support at anytime

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Domestic Abuse Support

Women's Aid – support for women and children against abuse

[Home - Aylesbury Womens Aid](#)

24 Hour domestic abuse helpline

Telephone – 0808 2000 807

LGBT Bucks – support with abuse

[Social & Support – LGBT Bucks](#)

Support with Grief

Cruse – grief counselling:

[Bereavement | Family Information Service \(buckinghamshire.gov.uk\)](#)

Agespace – bereavement support

[Bereavement Support in Buckinghamshire | Bereavement Services \(agespace.org\)](#)