

MENTAL HEALTH HELPLINES

Whether you're concerned about yourself, a friend or a loved one, these helplines and support groups can offer expert advice.

Anxiety UK

Charity providing support if you've been diagnosed with an anxiety condition.

Phone: **03444 775 774** (Mon to Fri, 9.30am to 5.30pm)

Website: **www.anxietyuk.org.uk**

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: **www.bipolaruk.org.uk**

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: **0800 58 58 58** (daily, 5pm to midnight)

Website: **www.thecalmzone.net**

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: **www.menshealthforum.org.uk**

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: **www.mentalhealth.org.uk**

Mind

Promotes the views and needs of people with mental health problems.

Phone: **0300 123 3393** (Mon to Fri, 9am to 6pm)

Website: **www.mind.org.uk**

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: **0844 967 4848** (daily, 10am to 10pm)

Website: **www.nopanic.org.uk**

OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: **0845 390 6232** (Mon to Fri, 9.30am to 5pm)

Website: **www.ocdaction.org.uk**

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: **0845 120 3778** (Mon to Fri, 9am to 5pm)

Website: **www.ocduk.org**

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK **0800 068 4141** (Mon to Fri, 10am to 5pm & 7 to 10pm. Weekends 2 to 5pm)

Website: **www.papyrus-uk.org**

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: **0300 5000 927** (Mon to Fri, 9.30am to 4pm)

Website: **www.rethink.org**

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: **116 123** (free 24-hour helpline)

Website: **www.samaritans.org.uk**

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: **0300 304 7000** (daily, 4.30 to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

http://www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: **www.sane.org.uk/support**

ABUSE (CHILD, SEXUAL, DOMESTIC VIOLENCE)**Young Minds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline **0808 802 5544** (Mon to Fri, 9.30am to 4pm)

Website: **www.youngminds.org.uk**

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Phone: **0800 1111** for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: **www.nspcc.org.uk**

Refuge

Advice on dealing with domestic violence.

Phone: **0808 2000 247** (24-hour helpline)

Website: **www.refuge.org.uk**

ADDICTION (DRUGS, ALCOHOL, GAMBLING)**Alcoholics Anonymous**

Phone: **0845 769 7555** (24-hour helpline)

Website: **www.alcoholics-anonymous.org.uk**

Gamblers Anonymous

Website: **www.gamblersanonymous.org.uk**

Narcotics Anonymous

Phone: **0300 999 1212** (daily 10am to midnight) Website: www.ukna.org

ALZHEIMER'S**Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: **0300 222 1122** (Mon to Fri, 9am to 5pm. Weekends, 10am to 4pm)

Website: **www.alzheimers.org.uk**



BEREAVEMENT

Cruse Bereavement Care

Phone: **0844 477 9400** (Mon to Fri, 9am to 5pm)

Website: **www.crusebereavementcare.org.uk**

CRIME VICTIMS

Rape Crisis

To find your local services phone: **0808 802 9999** (daily, 12 to 2.30pm, 7 to 9.30pm)

Website: **www.rapecrisis.org.uk**

Victim Support

Phone: **0808 168 9111** (24-hour helpline)

Website: **www.victimsupport.org**

EATING DISORDERS

Beat

Phone: **0808 801 0677** (adults) or **0808 801 0711** (for under-18s)

Website: **www.b-eat.co.uk**

LEARNING DISABILITIES

Mencap

Charity working with people with a learning disability, their families and carers.

Phone: **0808 808 1111** (Mon to Fri, 9am to 5pm)

Website: **www.mencap.org.uk**

PARENTING

Family Lives

Advice on all aspects of parenting including dealing with bullying.

Phone: **0808 800 2222** (Mon to Fri, 9am to 9pm. Sat to Sun, 10am to 3pm)

Website: **www.familylives.org.uk**

RELATIONSHIPS

Relate

The UK's largest provider of relationship support.

Website: **www.relate.org.uk**

MANAGING WORKPLACE STRESS AND MENTAL HEALTH ISSUES

HSE

Website: **www.hse.gov.uk/stress/mental-health**

