



MENTAL HEALTH SUPPORT RESOURCES

Contact Numbers, Emails, Websites

Crisis Support
General Support
A-Z

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Mental Health Support Resources

Crisis and Emotional Support Helplines for Everyone:

Samaritans

24 hours a day, 365 days a year. They allow people to talk about their feelings of despair and distress in a non-judgemental, confidential, way.

Phone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

Sane Line

Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends and carers.

Mental Health Information Helplines for Everyone:

Mind Infoline

Provides information and advice on mental health but cannot provide emotional or crisis support

Phone: 0300 123 3393

Local Call Rates, 9-6pm Mon-Fri

Rethink Advice and Information Service

Provides practical help and information on issues such as the Mental Health Act, community care, benefits, debt, criminal justice, and carers' rights.

Phone: 0300 5000 927

Local all Rates, 9:30-4pm

A-Z

Abuse

NAPAC

The National Association for People Abused in Childhood provides support for people affected by sexual abuse in childhood.

Phone: 0800 801 0331 (freephone)

Website: www.napac.org.uk
email: support@napac.org.uk

NSPCC

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

Phone: 0800 800 5000

email: help@nspcc.org.uk

Website: www.nspcc.org.uk

One In Four

A charity that supports people who have experienced child sexual abuse through long term low cost therapy (one to one, and in groups), advocacy and through education and workshops

Phone: 0208 697 2112

Email: admin@oneinfour.org.uk

Website: www.oneinfour.org.uk

Rape Crisis

A national charity supporting anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence. It runs local rape crisis helplines and centres across England and Wales (see website)

Phone: 0800 802 999 (freephone)

website: www.rapecrisis.org.uk

Refuge

Provides help and information about domestic violence. Runs a 24/7 domestic violence helpline in partnership with Women's Aid. Refuge runs a number of safe houses for women and children escaping domestic violence as well as other services.

Phone: 0800 2000 247 (freephone)

email: helpline@refuge.org.uk (only monitored Mon-Fri 9-5pm)

website: www.refuge.org.uk

Survivors UK

Provides help and support for men who have experienced sexual violence or abuse. This includes counselling and online and SMA chat support services run by professionals.

Phone: 0203 598 3898

email: info@survivorsuk.org

Website: www.survivorsuk.org

Women's Aid

A grassroots federation working together to provide life saving services and build a future where domestic violence is not tolerated.

Phone: 0808 2000 247 (freephone)

Email: helpline@womensaid.org.uk

Website: www.womensaid.org.uk

Addiction and Substance Misuse

Addaction

Supports adults, children, young adults and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing

Phone: 020 7251 5860

Email: info@addaction.org.uk

Website: www.addaction.org.uk

Adfam- Families, Drugs, Alcohol

Provides support for families affected by drugs and alcohol. Website includes listings of helplines and local support groups across England.

Phone: 0207 553 7640

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Al-Anon Family Groups UK and Eire

Provides support to anyone who is, or has, been affected by someone else's drinking regardless of whether that person is still drinking or not.

Phone: 0207 403 0800 (helpline 10-10pm, 7 days a week)

Email: enquiries@al-anonuk.org.uk

Website: www.al-anonuk.org.uk

Alcoholics Anonymous

Runs self-help groups across Great Britain for anyone affected by alcohol use who wants to change their drinking behaviours, based on 12 steps.

Phone: 0800 9177 650

Email: help@alcoholics-anonymous.org.uk

Website: www.alcoholics-anonymous.org.uk

Alcoholic Concern

Charity working to help people understand the dangers of drinking too much and to advocate for better treatment of those affected by alcohol use issues

Phone: 0207 566 9800

Email: contact@alcoholconcern.org.uk

Website: www.alcoholconcern.org.uk

Alcohol Health Network

UK-Based social enterprise which aims to improve alcohol-related health in the workplace and in communities.

Phone: 0203 151 2420

Email: info@alcoholhealthnetwork.org.uk

Website: www.alcoholhealthnetwork.org.uk

Cocaine Anonymous

Organisation that runs self-help groups for those with substance use issues relating to cocaine, based on 12 steps model of recovery.

Phone: 0800 612 0225

Email: wtf@cauk.org.uk

Website: www.cauk.org.uk

Drink Aware

Independent charity working to reduce alcohol misuse in the UK. Has a tracker and tools to assess drinking levels.

Phone: 0207 766 9900

Email: contact@drinkaware.co.uk

Website: www.drinkaware.co.uk

Gamblers Anonymous

Based on 12 step programme of recovery

Website: www.gamblersanonymous.org.uk

Anxiety

Anxiety UK

A national charity run by people with lived experiences of anxiety, aiming to support everyone affected by anxiety through information and support. Includes talking therapies and self-help groups.

Phone: 08444 775 774 9:30-5:30pm Mon-Fri

Email: support@anxietyuk.org.uk

Website: www.anxietyuk.org.uk

OCD Action

National charity focusing on obsessive compulsive disorder. Provides support and information to those affected by OCD, works to increase awareness of OCD. Runs a variety of self-help groups across the country as well as online support and advocacy services.

Phone: 0845 390 6232

Email: support@ocdaction.org.uk

Website: www.ocdaction.org.uk

OCD-UK

National charity working with and for children and adults affected by OCD.

Phone: 0845 120 3778

Email: support@ocduk.org

Website: www.ocduk.org

Armed Forces

ABF The Soldiers Charity

National charity of the British Army, providing support for soldiers and veterans and their families for life.

Phone: 0207 901 8900

Email: supportercare@soldierscharity.org

Website: www.soldierscharity.org

Combat Stress

Provides treatment and support services for all ex-personnel, through a helpline, community and outreach support and several dedicated treatment centres.

Phone: 0800 138 1619

Email: combatstress@rethink.org

Website: www.combatstress.org.uk

Help for Heroes

Provides direct support for wounded, injured and sick veterans and serving members of the armed forces and their families, including mental health support.

Phone: 01908 844 280

Website: www.helpforheroes.org.uk

Bereavement

Bereavement Advice Centre

Supports and advises people after a death in England and Wales. Website and helpline provides help with practical issues that need to be managed after a bereavement as well as signposting to other support.

Phone: 0800 634 9494 (freephone) 9-5pm Mon-Fri

Website: www.bereavementadvice.org

Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Runs a dedicated helpline as well as individual, couple's and

family support sessions and groups across the UK.
Phone: 0800 028 8840 (Freephone) 9-5pm Mon-Fri
Email: support@childbereavementuk.org
Website: www.childbereavementuk.org

Lullaby Trust

Provides specialist support for bereaved families and anyone affected by Sudden Infant Death.
Phone: 0808 802 6868 (freephone)
Email: support@lullabytrust.org.uk
Website: www.lullabytrust.org.uk

Survivors of Bereavement by Suicide

National charity to meet the needs and break the isolation experienced by those bereaved by suicide.
Phone: 0300 111 5065
Email: sobs.support@hotmail.com
Website: www.uk-sobs.org.uk

Winston's Wish

Provides practical support and guidance to bereaved children, their families and professionals.
Phone: 08452 030405
Email: info@winstonswish.org.uk
Website: www.winstonswish.org.uk

Bipolar Disorder

Bipolar UK

Charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their friends and carers.
Phone: 0333 323 3880
Email: info@bipolaruk.org
Website: www.bipolaruk.org

Carers

Carers Trust

Support carers through a wide range of information, providing respite care services and online peer support, including a dedicated community for young carers under 18.
Phone: 0844 800 4361
Email: support@carers.org
Website: www.carers.org

Carers UK

Aims to make a better life for carers by providing advice on a range of issues, including practical and financial matters relating to caring.

Phone: 08008 808 7777 (Freephone, 10-4pm, Mon-Fri)

Creativity and Mental Health

Core Arts

Leading mental health day care service in Hackney, London, using arts and creativity to support people with mental health issues and enabling them to fulfil their potential and participate fully in their community.

Phone: 0208 533 3500

Website: www.corearts.co.uk

Creative Response

Independent arts related organisation using both visual and performative related arts as a catalyst in a therapeutic environment to support people with mental health and/or substance issues.

Phone: 0125 271 6876

Email: contact@creativeresponsearts.org

Website: www.createresponsearts.org

Sound Minds

London based social enterprise aiming to transform the lives of people experiencing mental ill health through participating in arts activity.

Phone: 0207 207 1786

Email: staff@soundminds.co.uk

Website: www.soundminds.co.uk

Tempo Wellbeing

Runs specialist singing workshops for people who are in hospital or the community who have mental health issues.

Email: hello@tempowellbeing.co.uk

Website: www.tempowellbeing.co.uk

Crime Victims

Victims Information Service

Free nationwide service which helps people find local support after a crime takes place.

Phone: 0808 168 923

Website: www.victimsinformation.service.org.uk

Victim Support

Charity that works towards supporting people affected by crime or traumatic event. Confidential free helpline that helps around reporting a crime, processes involved with going to court and what happens during a trial.

Phone: 0808 1689 111

Website: www.victimsupport.org.uk

Debt

Money Advice Service

Free independent service set up by the government to provide information on money concerns.

Phone: 0800 138 7777 freephone 9-8pm Monday-Friday, 9:30-1pm Saturday

Website: www.moneyadviceservice.org.uk

Depression

Association for Postnatal Illness

APNI provides support for all women who experience postnatal depression.

Phone: 0207 386 0868 (10-2pm Mon-Fri)

Email: info@apni.org

Website: www.apni.org

Depression UK

National self-help organisation that offers support to everyone affected by depression

Email: info@depressionuk.org

Website: www.depressionuk.org

Eating Disorders

ABC (Anorexia and Bulimia Care)

Provides ongoing care, emotional support and practical guidance for anyone affected by eating disorders. Includes nutritional guidance/support and befriending services.

Phone: 0300 011 1213

Email: support@anorexiabulimiare.org.uk

Website: www.anorexiabulimiare.org.uk

Beat

Supports people affected by eating disorders.

Phone: 0345 634 1414 (over 18)

Phone: 0345 634 7650 (25 or under)

Email: help@b-eat.co.uk (over 18)

Email: fyp@b-eat.co.uk (25 or under)

Website: www.b-eat.co.uk

[MGEDT \(Men Get Eating Disorders Too\)](#)

Provides peer support for men affected by eating disorders.

Email: sam@mengetedstoo.co.uk

Website: www.mengetedstoo.co.uk

Family, Parenting and Relationships

Family Action

Provides practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England. Aim to strengthen families and communities by building skills and resilience. Support also include focus on parental mental health issues.

Phone: 0207 254 6251

Email: info@family-action.org.uk

Website: www.family-action.org.uk

Family Lives

Family support charity providing help and support in all aspects of family life. They run a dedicated confidential helpline.

Phone: 0808 800 2222

Website: www.familylives.org.uk

Relate

Offers a range of services to help with couple and family relationships.

Phone: 0300 100 1234

Website: www.relate.org.uk

General Mental Health

Mind

Provides information and support for mental health.

Phone: 0300 123 3393

Email: info@mind.org.uk

Website: www.mind.org.uk

Rethink Mental Illness

Runs over 200 mental health services and 150 support groups across England.

Phone: 0121 522 7007

Email: info@rethink.org

Website: www.rethink.org

Together for Mental Wellbeing

Provides a range of specialist support including peer support services, accommodation based support, criminal justice, mental health services and advocacy.

Phone: 0207 780 7300

Email: contact-us@together-uk.org

Website: www.together-uk.org

Learning Disabilities

Mencap

Works in partnership with people with a learning disability, their families and carers to provide a range of support services.

Phone: 0808 808 1111 (9-5pm, Mon-Fri)

Website: www.mencap.org.uk

Generate

Aims to support the lives of people with a learning disability.

Phone: 0208 879 6333

Website: www.generate-uk.org

LGBT

LGBT Switchboard

Confidential support, information and referral services for the LGBT community.

Phone: 0300 330 0630 10am-11pm

Email: chris@switchboard.lgbt

Website: www.switchboard.lgbt

Stonewall

Supports all lesbian, gay, bi and trans people with a range of help and advice services.

Phone: 0800 050 2020

Email: info@stonewall.org.uk

Website: www.stonewall.org.uk

Older People

Age UK

Provides information and support services for older people and those caring for them.

Phone: 0800 169 2081

Website: www.ageuk.org.uk

Alzheimer's Society

Provides information and support for anyone affected by Alzheimer's and dementia.

Phone: 0300 222 1122

Email: enquiries@alzheimers.org.uk

Website: www.alzheimers.org.uk

Dementia UK

Offers specialist one-to-one support and advice for people living with dementia, includes nursing support.

Phone: 0800 888 6678

Email: direct@dementiauk.org

Website: www.dementiauk.org

Psychosis

Action on Postpartum Psychosis

Offers peer support to families affected by postnatal psychosis.

Phone: 0203 3229 900

Email: app@app-network.org

Website: www.app-network.org

Hearing Voices Network

Helps people who hear voices, see visions and experience tactical sensations and those who support them.

Phone: 0114 271 8210

Email: nhvn@hotmail.co.uk

Website: www.hearing-voices.org

Voice Collective

The Voice Collective is a London wide project that supports children and young people who hear voices, see visions or have other unusual sensory experiences. Offers support for family and carers too.

Phone: 0207 911 0822

Email: info@voicecollective.co.uk

Website: www.voicecollective.co.uk

Self-Harm

Harmless

User led organisation that provides a range of services about self-harm, including support, information and consultancy to people who self-harm, their families and friends.

Email: info@harmless.org.uk

Website: www.harmless.org.uk

NSHN (National Self Harm Network)

Online, moderated, support forum for people affected by self-harm

website: www.nshn.co.uk

Self- Help Apps and Online Resources

Together all

A safe online community of people who are anxious, down, or not coping who support and help each other by sharing what's troubling them. Guided by trained professionals. Also available as an app.

[Togetherall](#)

CBT Online

An interactive site that teaches people cognitive behavioural therapy skills to prevent and cope with depression.

www.moodgym.anu.edu.au

Down Your Drink

Free website based programme allowing people to look more closely at their drinking and examine ways of cutting down.

www.downyourdrink.org.uk

Elefriends

Run by Mind. Is a supportive online community where people can share experiences of mental health and get support from people with similar experiences.

www.elefriends.org.uk

FearFighterTM

A NICE guideline approved, evidence-based online programme for generalised anxiety, panic and

phobia. Uses CBT principles.

www.fearfighter.cbtprogram.com

Get Self Help

Offers free cognitive behavioural based self-help and therapy resources, including worksheets and self help mp3s.

www.getselfhelp.co.uk

Headspace

App based around teaching mindfulness meditation principles to improve wellbeing.

www.headspace.com

Moodscope

Web-based mood tracking and management platform.

www.moodscope.com

Scottish Recovery Network

Explores mental health recovery using narrative or storytelling philosophical approaches to mental health.

www.scottishrecovery.net

Sleepio

App for sleep management combining CBT principles and the latest in sleep research.

www.sleepio.com

Stay Alive App

Is a suicide prevention app for the UK, developed by Grassroots Suicide Prevention. It allows users to create a list of resources and strategies to stay safe from suicide and links into crisis support available.

www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

The Tidal Model

A philosophical approach/mental health recovery model used by mental health nurses and people using mental health services

www.tidal-model.com

WorkGuru

Web-based stress management programme providing tools to build resilience and manage stress in a workplace setting.

www.workguru.org

Students

Nightline

Provides listening, support and information run by university students for university students.

Local phone lines will be on website: www.nightline.ac.uk

Suicide Prevention

CALM (Campaign Against Living Miserably)

Aims to prevent male suicide in the UK.

Phone: 0800 58 58 58 (helpline 5pm-midnight, 7 days a week)

Email: info@thecalmzone.net

Website: www.thecalmzone.net

Papyrus

National Charity for the prevention of young suicide. It runs HOPELine UK, a dedicated suicide prevention hotline for anyone up to the age of 35 who may be feeling suicidal or anyone concerned about a young person.

Young People

Anna Freud Centre

A children's mental health charity providing specialist help and training.

Phone: 0207 794 2313

Email: info@annafreud.org

Website: www.annafreud.org

Childline

Provides free confidential counselling and emotional support for children and young people.

Phone: 0800 1111

Website: www.childline.org.uk

Place2be

Provides emotional and therapeutic services in primary and secondary schools to build children's resilience through talking, creative work and play.

Phone: 0207 923 5500

Email: enquiries@place2be.org.uk

Website: www.place2be.org.uk

Kooth

Provides free online support for young people delivered by qualified counsellors via chat based services.

Website: www.kooth.com

STEM4

Aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage.

Email: enquiries@stem4.org.uk

Website: www.stem4.org.uk

The Mix

Free, confidential helpline service for young people under 25 who need help but don't know where to turn. Provides information on a wide range of issues, including mental health related topics. Help can be accessed by phone, email or webchat, and it runs a free telephone counselling service.

Phone: 0808 808 4994 (11am-11pm)

Website: www.getconnected.org.uk

Young Minds

Charity committed to improving the emotional wellbeing and mental health of children and young people. They operate a parent helpline for any parents concerned about their child's mental health.

Phone: 0808 802 5544 9:30-4pm Mon-Fri

Email: ymentquiries@youngminds.org.uk

Website: www.youngminds.org.uk