

MENTAL HEALTH HELPLINES

Whether you're concerned about yourself, a young person in your care, a friend or a family member, these helplines and support groups can offer expert advice.

Anxiety UK

Charity providing support for people affected by anxiety disorders.

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

Website: www.anxietyuk.org.uk

Beat

The UK's eating disorder charity.

Phone: 0808 801 0711 (*Mon to Fri, 9am to 8pm. Weekends, 4pm to 8pm*)

Website: www.beateatingdisorders.org.uk

Breathing Space

A free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

Phone: 0800 83 85 87 (*Mon to Thurs, 6pm to 2am. Fri to Mon, 6pm to 6am*)

Website: www.breathingspace.scot

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

Childline

Online, on the phone, anytime.

Phone: 0800 1111 (*24-hour service*)

Website: www.childline.org.uk

Drinkaware

Aims to reduce alcohol misuse and harm.

Phone: 0300 123 1110 (*Mon to Fri, 9am to 8pm, weekends 11am to 4pm*)

Website: www.drinkaware.co.uk

Education Support

Mental health and wellbeing support for teachers and educational staff.

Phone: 08000 562 561 (*24-hour helpline*)

Website: www.educationsupport.org.uk

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

FRANK

Offers free confidential drug information and advice 24-hours a day.

Phone: 0300 123 6600 (*24-hour helpline*)

Website: www.talktofrank.com

Health and Safety Executive (HSE)

Managing workplace stress and mental health issues.

Website: www.hse.gov.uk/stress

Kidscape

Providing practical support, training and advice to challenge bullying and protect young lives.

Phone: Parent Advice Line 020 7823 5430 (*Mon to Tue, 9:30am to 2:30pm*)

Website: www.kidscape.org.uk

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

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

NHS Choices

Provides a wealth of information and guidance on all mental health conditions.

Website: www.nhs.uk

Nightline Association

Confidential and anonymous support services run by students for students.

Website: www.nightline.ac.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (*OCD*).

Offers a course to help overcome phobias and *OCD*.

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

Website: www.nopanic.org.uk

NSPCC

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

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

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

Website: www.nspcc.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

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

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

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

SAMH - Scottish Association for Mental Health

Support and advice for anyone with mental health problems in Scotland.

Phone: 0344 800 0550 (*Mon to Fri, 9am to 5pm*)

Website: www.samh.org.uk

SEED

Support and empathy for people with eating disorders.

Phone: 01482 718130 (*Mon to Fri, 9:30am to 2.30pm*)

Website: www.seed.charity

Shout

A text service which provides 24-hour support for people who are in a crisis.

Phone: 85258 (*24 hours a day, 7 days a week*)

Website: www.giveusashout.org

The Mix

Essential support for under 25s to help with all types of issues.

Phone: 0808 808 4994 (*7 days a week, 3pm to 12am*)

Website: www.themix.org.uk

Victim Support

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

Website: www.victimsupport.org.uk

YoungMinds

The UK's leading charity fighting for children and young people's mental health.

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

Website: www.youngminds.org.uk