

## MENTAL HEALTH USEFUL CONTACTS

### **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition

Phone: 03444 775 774 (Monday to Friday 09:30 to 17:30)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder

They provide a 24/7 peer support line and support groups

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

### **CALM**

A charity providing a mental health helpline and web chat for all

Phone: 0800 58 58 58 (Daily, 17:00 to 00:00)

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

### **Men's Health Forum**

A charity that provides a 24/7 stress support for men by text, chat and email

Website: [www.menshealthforum.org.uk](http://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](http://www.mentalhealth.org.uk)

### **MIND**

A charity that promotes the views and the needs of people with mental health problems

Phone: 0300 123 3393 (Monday to Friday 09:00 to 18:00)

Website: [www.mind.org.uk](http://www.mind.org.uk)

### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and OCD.

Phone: 0300 772 9844 (Daily, 10:00 to 22:00. A small call charge)

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

### **OCD Action**

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

Phone: 0845 390 6232 (Monday to Friday 09:30 to 17:00) A small call charge

Website: [www.ocduk.org](http://www.ocduk.org)

### **PAPYRUS**

We provide support and advice to young people struggling with thoughts of suicide

Phone: 0800 068 4141 (Daily, 09:00 to 00:00)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Rethink Mental Illness**

A charity that provides support and advice for all people living with mental illness

Phone: 0300 5000 927 (Monday to Friday 09:30 to 16:00)

Website: [www.rethink.org](http://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](http://www.samaritans.org.uk)

### **SANE**

Emotional support, information and guidance for people affected by mental illness

TextCare: Comfort and care via text message

Website: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

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### **Young Minds**

A charity that provides information on child and adolescent mental health

Phone: 0808 802 5544 (Monday to Friday 09:30 to 16:00)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **NSPCC**

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

Childline: 0800 1111 (24/7)

Phone: 0808 800 5000 (24/7)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

### **Refuge**

A charity that gives information and advice on dealing with domestic violence

Phone: 0808 2000 247 (24/7 helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

### **Alcoholics Anonymous**

This is a free 12-step programme about getting sober with face to face and online support groups

Phone: 0800 917 7650

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **Al-Anon**

Free self-help 12 step group for anyone whose life is or has been affected by someone's drinking

Phone: 0800 0086 811 (Daily, 10:00 to 22:00)

Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

### **Drinkline**

Free confidential helpline for people worried about their own or someone else's drinking

Phone: 0300 123 1110  
(Weekdays 09:00 to 20:00,  
Weekends 11:00 to 16:00)

### **National Association for Children of Alcoholics**

Free confidential service providing advice and information to everyone affected

Phone: 0800 358 3456 (times vary every day)

Website: [www.nacoa.org.uk](http://www.nacoa.org.uk)

### **SMART Recovery UK**

Face-to-face and online groups that offer proven tools and techniques to support recovery

Phone: 0300 053 6022 (Monday to Friday 09:00 to 17:00)

Website: [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

### **Alzheimer's Society**

Provides information on dementia, including fact sheets and help lines

Phone: 0300 222 1122  
(Weekdays 09:00 to 17:00  
Weekends 10:00 to 16:00)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Cruse Bereavement Care**

Offers support and advice to children, young people and adults when someone dies

Phone: 0808 808 1677 (Monday to Friday 09:00 to 17:00)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### **Rape Crisis**

Confidential services for women of all ages who've experienced sexual violence

Phone: 0808 802 9999 (Daily 12:30 to 14:30 and 19:00 to 21:30)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### **Victim Support**

Free confidential support to people affected by crime and traumatic incidents

Phone: 0808 168 9111 (24-hour helpline)

Website: [www.victimsupport.org](http://www.victimsupport.org)

## MENTAL HEALTH USEFUL CONTACTS

### **Cocaine Anonymous**

12 step programme to support people to stop using cocaine and other mind-altering substances

Phone: 0800 612 0225 (Daily 10:00 and 22:00)

Website: [www.cocaineanonymous.org.uk](http://www.cocaineanonymous.org.uk)

### **FRANK**

Free confidential information and advice about drugs, their effects and the law

Phone: 0300 123 6600 (24-hour helpline) Text Question to 82111

Website: [www.talktofrank.com](http://www.talktofrank.com)

### **Marijuana Anonymous**

A 12 step programme involves supporting people to stop using marijuana

Phone: 0300 124 0373 (call back service)

Website: [www.marijuana-anonymous.org.uk](http://www.marijuana-anonymous.org.uk)

### **Narcotics Anonymous**

A 12 step programme involves supporting people to stop using narcotics

Phone: 0300 999 1212 (Daily 10:00 to 00:00)

Website: [www.ukna.org](http://www.ukna.org)

### **BEAT**

Supporting people who have or are worried they have an eating disorder

Phone: 0808 801 0677 (Adults)  
0808 801 0711 (Under 18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Gamblers Anonymous**

A 12 step programme involves stopping gambling with regular face-to face and support groups

Phone: 0330 094 0322 (24-hour helpline)

Website: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

### **Gam-Anon**

A 12 step programme for those affected by someone gambling with a variety of support

Phone: 08700 50 88 80

Website: [www.gamanon.org.uk](http://www.gamanon.org.uk)

### **Private Gambling Addiction Treatment**

A specialist private clinic for problem gamblers aged 13 and over

Phone: 0808 1150 446

Website: [www.executive-rehab-guide.co.uk](http://www.executive-rehab-guide.co.uk)

### **Mencap**

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

Phone: 0808 808 1111 (Monday to Friday 09:00 to 17:00)

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

### **Family Lives**

Advice on all aspects of parenting, including dealing with bullying

Phone: 0808 800 2222  
(Weekdays 09:00 to 21:00  
Weekends 10:00 to 15:00)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

### **Relate**

The UK's largest provider of relationship support through live chat online and over the phone

Phone: 0300 0030396 (times vary every day)

Website: [www.relate.org.uk](http://www.relate.org.uk)

### **Scottish Families**

Supports people who are concerned about someone affected by drugs and alcohol

Phone: [08080 101011](tel:08080101011)

Website: [www.sfad.org.uk](http://www.sfad.org.uk)