

Mental Health Resources UK

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Crisis & Emotional Support:

NHS Direct 111
Emergency Services 999

Samaritans Tel: 11613
jo@samaritans.org
www.samaritans.org

SaneLine Tel: 0300 304 7000 Local Call Rates (6pm – 11pm)
http://www.sane.org.uk/what_we_do/Support/helpline

Mental Health Information Helplines

MIND Tel: 0300 123 3393 Local Call Rates (9am-6pm)
 Text: 86463

Rethink Advice & Information Service
 Tel: 0300 5000 927 Local Call Rates (9:30am – 4pm)

By Topic

Abuse (domestic violence, child, sexual abuse)

- NSPCC Runs a helpline for adults who suspect child abuse or child cruelty.
Tel: 0808 800 5000
help@nspcc.org.uk
www.nspcc.org.uk
- One in Four Supports people who have experienced child abuse
Tel: 0208 697 2112
admin@oneinfour.org.uk
www.oneinfour.org.uk
- Rape Crisis For anyone who has experienced rape, sexual abuse or sexual violence.
Tel: 0808 802 999
www.rapecrisis.org.uk
- Refuge Provide help and advice regarding domestic violence
Tel: 0808 2000 247
helpline@refuge.org.uk (Mon-Fri Office 9am-5pm)
www.refuge.org.uk
- Survivors UK Provides help & support for men who have experienced sexual violence.
Tel: 0203 598 3898
info@survivorsuk.org
www.survivorsuk.org
- Women's Aid Life-saving services overcoming domestic violence.
Tel: 0808 2000 247
Helpline@womensaid.org.uk
www.womensaid.org.uk

Addiction and Substance Misuse (Alcohol, drugs & gambling)

- Addaction Supports all age groups to make positive behavioural changes.
Tel: 020 7251 5860
info@addaction.org.uk
www.addaction.org.uk
- Adfam Support for families affected by drugs & alcohol
Tel: 0207 553 7640
admin@adfam.org.uk
www.adfam.org.uk
- Al-Anon Family Groups UK Supports people affected by someone else's drinking.
Tel: 0207 403 0888 (10am-10pm 7 days)
enquiries@ai-anonuk.org.uk
www.ai-anonuk.org.uk
- Alcoholics Anonymous Self help groups for people affected by alcohol.
Tel: 0800 9177 650
help@alcoholics-anonymous.org.uk
www.alcoholics-anonymous.org.uk
- Alcohol Concern Helping people understand the risks of over drinking alcohol
Tel: 0207 566 9800
contact@alcoholconcern.org.uk
www.alcoholconcern.org.uk
- Alcohol Health Network Alcohol harm reduction network
Tel: 0203 151 2420
info@alcoholhealthnetwork.org.uk
www.alcoholhealthnetwork.org.uk
- Cocaine Anonymous Self-help groups regarding the use of Cocaine
Tel: 0800 612 0225
contact@cauk.org.uk
www.cauk.org.uk
- Drink Aware Reducing Alcohol misuse and harm
Tel: 0207 766 9900
contact@drinkaware.co.uk
www.drinkaware.co.uk
- Drink Line Helpline to help with you or someone you are concerned about.
Tel: 0300 123 1110 (Mon-Fri 9am – 8pm & Sat-Sun 11am – 4pm)
- Drug Science Objective information on drugs and drug harm
www.drugscience.org.uk

Dual Recovery Anonymous Self-help groups for substance abuse and mental health
Tel: 0300 124 0373
www.dualrecoveryanonymous.org.uk

Gamblers Anonymous Self-help groups for anyone affected by addictive gambling
www.gamblersanonymous.org.uk

Narcotics Anonymous Self-help groups affected by drugs who want to change.
Tel: 0300 999 1212 (10am – 12am 7 days)
meetings@ukna.org
www.ukna.org

Progress Consortium of consultant nurses working in dual diagnosis
www.dualdiagnosis.co.uk

Talk to Frank Drug education service for teens and adolescents.
Tel: 0300 123 6600 Text 82111
frank@talktofrank.com
www.talktofrank.com

UK SMART Recovery Provides training to recover from any kind of addiction.
www.smartrecovery.org.uk

Anxiety

- Anxiety UK People with lived experience of anxiety here to help others.
Tel: 08444 775 774
support@anxietyuk.org.uk
www.anxietyuk.org.uk
- No Panic Help for people with any kind of anxiety disorder.
Tel: 0844 967 4848 Text 82111 (10am-10pm 7 days)
admin@nopanic.org.uk
www.nopanic.org.uk
- OCD Action Focusing on Obsessive Compulsive Disorder
Tel: 0845 390 6232
support@ocdaction.org.uk
www.ocdaction.org.uk
- OCD UK Children and Adults affected by OCD
Tel: 0845 120 3778
support@ocduk.org
www.ocduk.org
- Triumph Over Phobia Helping people with phobias, OCD and anxiety overcome their fears.
Tel: 01225 571 740
info@topuk.org
www.topuk.org

Armed Forces

ABF The Soldiers Charity Support for Soldiers and Veterans

Tel: 0207 901 8900

supportcare@soldierscharity.org

www.soldiercharity.org

Combat Stress Supporting ex-service personnel

Tel: 0800 138 1619 Text: 07537 404 719

combatstress@rethink.org

www.combatstress.org.uk

Help for Heroes Direct support for wounded, injured and sick veterans.

Tel: 01980 844 280

www.helpforheroes.org.uk

PTSD Resolution Helping ex-service personnel re-integrate into civilian life

Tel: 0300 302 0551 (9am – 5pm Mon-Fri)

coord@ptsdresolution.org

www.ptsdresolution.org

The Royal British Legion Helping ex-service personnel

Tel: 0808 802 8080

info@britishlegion.org.uk

www.britishlegion.org.uk

SSAFA Helping Serving and ex-service personnel

Tel: 0800 731 4880

www.ssafa.org.uk

Bereavement

Bereavement Advice Centre Advice for people after a death.

Tel: 0800 634 9494 (9am – 5pm Mon-Fri)

www.bereavementadvice.org

Child bereavement UK Supporting families when a child dies at any age or is dying.

Tel: 0800 028 8840 (9am – 5pm Mon-Fri)

support@childbereavementuk.org

www.childbereavementuk.org

The Compassionate Friends Peer Group support for bereaved families of children.

Tel: 0345 123 2304

helpline@tcf.org.uk

www.tcf.org.uk

Cruse Bereavement Care Advice for children, young people, and adults when someone dies.

Tel: 0808 808 1677

helpline@cruse.org.uk

www.cruse.org.uk

Dying Matters talking openly about death, dying, bereavement and making plans for end of life.

Tel: 0800 021 4466

www.dyingmatters.org

Lullaby Trust Supporting families with sudden infant death

Tel: 0808 802 6868

support@lullabytrust.org.uk

www.lullabytrust.org.uk

Survivors of Bereavement by Suicide Self-help group to help people affected by suicide.

Tel: 0300 111 5065

Sobs.support@hotmail.com

www.uk-sobs.org.uk

Winston's Wishes Childhood bereavement support for families.

Tel: 08452 030405

info@winstonswishes.org.uk

www.winstoneswishes.org.uk

Bipolar Disorder

Bipolar UK supporting individuals with a diagnosis of Bipolar Disorder

Tel: 0333 323 3880

info@bipolaruk.org

www.bipolaruk.org

Carers

Carers Trust supporting carers with respite and information

Tel: 0844 800 4361

support@carers.org

www.carers.org

Carers UK Making life better for carers with advice on finance and practical issues.

Tel: 08008 808 7777 (Mon-Fri 10am – 4pm)

www.carersuk.org

Crime Victims

Victims information Service Supporting victims of crime and people affected by criminal behaviour.

Tel: 0808 168 923

www.victimsinformation.service.org.uk

Victim Support Helping people who have been a victim of crime.

Tel: 0808 1689 111 (Mon-Fri 8pm – 8am, Sat-Sun 24 hours)

www.victimsupport.org.uk

Creativity and Mental Health

Core Arts Day care service in Hackney London

Tel: 0208 533 3500

www.corearts.co.uk

Creative Response Visual and Performance arts as therapy for mental health and substance abuse.

Tel: 0125 271 6876

contact@creativeresponsearts.org

www.createresponsearts.org

Sound Minds London based social to transform lives via music.

Tel: 0207 207 1786

staff@soundminds.co.uk

www.soundminds.co.uk

Tempo Wellbeing Singing workshops in hospitals and in the community.

hello@tempowellbeing.co.uk

www.tempowellbeing.co.uk

Debt

Money Advice Service Helping with money matters, set up by the government.

Tel: 0800 138 7777 (Mon-Fri 9am-8pm & Sat 9:30am-1pm)

www.moneyadviceservice.org.uk

National Debtline Free confidential advice on managing debt.

Tel: 0808 808 4000 (Mon-Fri 9am-8pm & Sat 9:30am-1pm)

www.nationaldebtline.org

Stepchange Free advice on debt and debt management

Tel: 0800 138 1111

www.stepchange.org

Depression

Association for Postnatal Illness Support for all women who experience postnatal depression

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

Info@apni.org

www.apni.org

Charlie Waller Memorial Trust Helping young people keep mentally well.

Tel: 01635 869 754

admin@cwmt.org

www.cwmt.org

Depression UK Self-Help Organisation offers support to people affected by depression.

info@depressionuk.org

www.depressionuk.org

PANDAS Foundation Supports people effected by perinatal mental health issues.

Tel: 0843 2898 401 (9am – 8pm 7 days)

info@pandasfoundation.org.uk

www.pandasfoundation.org.uk

Eating Disorders

ABC (Anorexia & Bulimia Care) Providing ongoing care, emotional support & practical guidance.

Tel: 0300 011 1213

support@anorexiabulimiare.org.uk

www.anorexiabulimiare.org.uk

Beat Supporting people with eating disorders.

Tel: 0345 634 1414 (People over 18)

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

Tel: 0345 634 7650 (Youthline for anyone under 25)

fyp@b-eat.co.uk (People under 25)

www.b-eat.co.uk

MGEDT (Men Get Eating Disorders Too!) Supporting Eating Disorders in Men

sam@mengetedstoo.co.uk

www.mengetedtoo.co.uk

Employment and Mental Health

ACAS (Advisory, Conciliation and Arbitration Service) Gives advice to Employees and Employers on workplace relations and Employment Law.

Tel: 0300 123 1100

www.acas.org.uk

Fit For Work Occupational Health advice and Support

Tel: 0800 032 6235

www.fitforwork.org

Health in Construction Leadership Group Improving mental health in the construction industry

Tel: 0113 261 5368

www.healthinconstruction.co.uk

The City Mental Health Alliance Improving Mental Health in the City of London

cmha@citymha.org.uk

www.citymha.org.uk

Education Support Partnership providing free confidential counselling for teachers.

Tel: 0800 0562 561

support@edsupport.org.uk

www.educationsupportpartnership.org.uk

Richmond Fellowship Supporting Mental Health in the workplace for any mental health issues.

Tel: 0207 697 3300

www.richmondfellowship.org.uk

Shaw Trust Employment Services for disabled and disadvantaged staff.

Tel: 01225 716 300

www.shaw-trust.org.uk

Family, Parenting & Relationships

Family Action Practical, emotional and financial support for families.

Tel: 020 7254 6251

info@family-action.org.uk

www.family-action.org.uk

Family Links Training for adults to help create emotional and mental wellbeing for their families.

Info@familylinks.org.uk

www.familylinks.org.uk

Family Lives Help and support for all parts of family life.

Tel: 0808 800 2222

www.familylives.org.uk

Relate Couple and Family Relationship Advice and Counselling.

Tel: 0300 100 1234

www.relate.org.uk

General Advice, Information and Mental Health Support

Citizen's Advice Support for all kinds of issues, money, legal, consumer, housing and other

Tel: 03444 111 444

www.citizensadvice.org.uk

Men's Health Forum Advice on all health matters for men.

manmot@menshealthforum.org.uk

www.menshealthforum.org.uk

NHS Choices Masses of information on health and contact information for local services.

Tel: 111

www.nhs.uk

Action for Happiness Helping build a happier community.

www.actionforhappiness.org

Mind Wide range of mental health services available.

Tel: 0300 123 3393

Info@mind.org.uk

www.mind.org.uk

Rethink Mental Illness Advice and Information on mental illness.

Tel: 0121 522 7007

info@rethink.org

www.rethink.org

Sane Improving lives of people affected by Mental Illness

Tel: 0203 805 1790

Info@sane.org.uk

www.sane.org.uk

Together for Mental Wellbeing Peer to peer Mental Health support.

Tel: 0207 780 7300

Contact-us@together-uk.org

www.together-uk.org

Learning Disabilities

Mencap Working in partnership with people with a learning disability, their families and carers

Tel: 0808 808 1111 (Mon-Fri 9am-5pm)

help@mencap.org.uk

www.mencap.org.uk

Hft Services for people with disabilities

Tel: 0117 906 1700

www.hft.org.uk

Generate Supporting the lives of people with learning disabilities.

Tel: 0208 879 6333

www.generate-uk.org

Lesbian, gay, bisexual, transgender, questioning +

LGBTQ+ Switchboard Confidential support and information for the LGBTQ+ Community

Tel: 0300 330 0630 (10am – 11pm 7 days)

chris@switchboard.lgbt

www.switchboard.lgbt

Stonewall Supporting LGBTQ+ with a wide range of information and advice services.

Tel: 0800 050 2020

info@stonewall.org.uk

www.stonewall.org.uk

Nutrition and Mental Health

Food for the Brain Awareness of good nutrition and the effects on Mental Health.

Tel: 0300 365 0130

Info@foodforthebrain.org

www.foodforthebrain.org

Older People

Age UK Information and Support Services for older people and those supporting them.

Tel: 0800 169 2081

www.ageuk.org.uk

Alzheimer's Society Providing information and services to people affected by dementia

Tel: 0300 222 1122

enquiries@alzheimers.org.uk

www.alzheimers.org.uk

Dementia UK Offering one to one support to people with dementia and support to carers and nurses of dementia patients.

Tel: 0800 888 6678

direct@dementiauk.org

www.dementiauk.org

Personality Disorders

Emergence Supporting anyone affected by personality disorders.

admin@emergenceplus.org.uk

www.emergenceplus.org.uk

Personality disorder – No longer a diagnosis of exclusion Providing support and a range of service for people with a personality disorder.

www.personalitydisorder.org.uk

Psychosis

Action on Postpartum Psychosis Support for women who have suffered Postnatal Psychosis.

Tel: 0203 3229 900

app@app-network.org

www.app-network.org

Hearing Voices Network A support network for people who hear voices, see visions and experience tactical sensations.

Tel: 0114 271 8210

nhvn@hotmail.co.uk

www.hearing-voices.org

Voice Collective London based support network for young people who hear voices, see visions and experience tactical sensations.

Tel: 0207 911 0822

info@voicecollective.co.uk

www.voicecollective.co.uk

Refugees

Refugee Council Supporting Refugees and Asylum Seekers including specialist therapeutic services.

Tel: 020 7346 6700

www.refugeecouncil.org.uk

Self-Harm

Harmless user led community providing information and support for families and people affected by self-harm

info@harmless.org.uk

www.harmless.org.uk

NSHN (National Self Harm Network) On-Line Moderated Support Forum

www.nshn.co.uk

SelfharmUK Safe online forum for young people who self-harm.

www.selfharm.co.uk

Self Injury Support Supporting Girls and Women who self-harm.

Tel: 0808 800 8088 (7pm – 10pm Mon – Fri)