

Mental Health Helplines:

CALM – Campaign Against Living Miserably

0800 585858 Daily 5pm – Midnight www.thecalmzone.net

Mens Health Forum – 24/7 Stress support for men by text, chat and email. www.menshealthforum.org.uk

Mind – Promotes the needs and views of those with mental health problems

0300 123 3393 9-6 Mon – Fri www.Mind.org.uk

No Panic – Support for sufferers of Panic Attacks and Obsessive Compulsive Disorder www.nopanic.org.uk

0300 7729844 (Calls cost 5p/min plus phone providers access charge)

OCD UK – A charity run by people with OCD for people with OCD

0333 212 7890 Mon-Fri 9-5 www.ocdaction.org.uk

Papyrus – Young Suicide Prevention Society

0800 068 4141 9 – Midnight daily www.papyrus-uk.org

Rethink Mental Illness – Support and advice for people living with mental illness

0808 801 0525 Mon-Fri 9.30 – 4 www.rethink.org

Samaritans – Confidential support for those experiencing feelings of distress or despair

116 123 Free 24hrs www.samaritans.org.uk

Young Minds – Info for children and adolescents on mental health issues. Services for parents and carers

Parents helpline: 0808 800 5000 Mon-Fri 9.30-4

www.youngminds.org.uk

Here to help

Your GP, NHS 111, 999

NSPCC:

For parents concerned about a child:
0808 802 5544 (24 hr)
For Children: 0800 1111 Childline
(24hr)

Refuge – advice on dealing with

Domestic Violence www.refuge.org.uk

0808 2000 247 24hr



Other helplines:

Victim Support - 0808 168 9111 24hr www.victimsupport.org.uk

Beat – Eating disorders support 0808 801 0677 (Adults) 0808 801 0711 (Under 18's)

Mencap – Working with people with learning disabilities and their families and carers
www.mencap.org.uk 0808 808 1111 Mon-Fri 9-5

Family Lives - All aspects of parenting www.familylives.org.uk

0808 800 2222 Mon-Fri 9-9pm Sat/Sun 10-3pm

Relate – Relationship Support www.relate.org.uk

For dealing with addiction:

Alcoholics Anonymous - A free self-help group with on-line support groups.

0800 917 7650 24 hr www.alcolics-anonymous.org.uk

Al-Anon – For people who are affected by someone else's drinking

0800 0086 811 daily 10-10pm www.al-anonuk.org.uk

National Association for Children of Alcoholics

0800 358 3456 www.nacoa.org.uk

Fri,Sat,Mon 12–7 Tues, Weds, Thurs 12-9

FRANK – Free confidential advice about drugs and the law 0300 123 6600 24hr

www.talktofrank.com

Gamblers Anonymous – A free self-help group with on line support 0330 094 0322 24hr

www.gamblersanonymous.org.uk