

Mental health advice and support information



NHS 111

For urgent advice and support
T: 111* 1
11.nhs.uk

*Lines open 24 hours a day, 365 days a year. Calls are free for landlines and mobile phones.

Samaritans

For somebody to speak to
T: 116 123*
samaritans.org/how-we-can-help

*Lines open 24 hours a day, 365 days a year. Calls are free for landlines and mobile phones.

Mind

For mental health information
T: 0300 123 3393*
mind.org.uk

*Lines open 9am to 6pm, Monday to Friday (except bank holidays). Calls charged at the standard rates.

In a medical emergency dial 999

General mental health information

Rethink Advice & Info Service
T 0808 800 8088

Debt

Money Advice Service
T: 0800 138 7777
(8am-6pm, Mon-Fri)
www.moneyadviceservice.org.uk

National Debtline
T: 0808 808 4000
www.nationaldebtline.org.uk

Self harm

Alumina
selfharm.co.uk
Free online self harm course for 14-19 year olds

Harmless
E: info@harmless.org.uk
www.harmless.org.uk

NSHN
www.nshn.co.uk

Self Injury Support

For women of any age or background
T: 0808 800 8088
(7pm-9.30pm, Tues and Thurs)
Text: 07537 432444
E: tessmail@selfinjurysupport.org.uk
www.selfinjurysupport.org.uk

Crisis and emotional support

SaneLine
T: 0300 304 7000
(4.30pm-10.30pm, 7 days a week)
www.sane.org.uk

Anxiety

Anxiety UK
T: 03444 775 774
(9.30am-5.30pm, Mon-Fri)
Text: 07537 416 905
E: support@anxietyuk.org.uk
www.anxietyuk.org.uk

No Panic

T: 0300 772 9844 (10am-10pm, 7 days a week)
Youth Tel: 0330 606 1174 (3pm-6pm Mon-Wed & Fri, 3pm-8pm Thurs, 6pm-8pm Sat)
24h Crisis Line: 01952 680 835
E: admin@nopanic.org.uk
www.nopanic.org.uk

OCD Action

T: 0300 636 5478
E: support@ocdaction.org.uk
www.ocdaction.org.uk

OCD UK

T: 01332 588 112
E: support@ocduk.org
www.ocduk.org

Triumph Over Phobia

T: 01225 571 740
E: info@topuk.org
www.topuk.org

Bereavement

Bereavement Advice Centre
T: 0800 634 9494 (9am-5pm, Mon-Fri)
www.bereavementadvice.org

Child Bereavement UK

T: 0800 028 8840
E: support@childbereavementuk.org.uk

Cruse Bereavement are

T: 0808 808 1677
E: helpline@cruse.org.uk
www.cruse.org.uk

Survivors of Bereavement by Suicide

T: 0300 111 5065 (9am-9pm, 7 days a week)
E: email.support@uksobs.org
www.uk-sobs.org.uk

Crime victims

Victims Info Service
T: 0808 168 923
www.victimsinformationsservice.org.uk

Victim Support

T: 0808 1689 111 8am-8pm Mon-Fri, 24 hours on weekends

Suicide

CALM
T: 0800 585858
(5pm-12am, 7 days a week)
www.thecalmzone.net

Papyrus
T: 0800 068 4141 (9am-12am, 7 days a week)
E: pat@papyrus-uk.org

Depression

Association for Postnatal Illness
T: 0207 386 0868 (10am-2pm Mon-Fri)
E: info@apni.org
www.apni.org

Bipolar UK
E: info@bipolaruk.org
www.bipolaruk.org

Charlie Waller Memorial Trust
T: 01635 869 754 (9am-5pm, Mon-Fri)
E: admin@cwmt.org.uk
www.cwmt.org.uk

Depression UK
E: info@depressionuk.org
www.depressionuk.org

PANDAS Foundation
T: 0808 1961 776
(11am-10pm, 7 days a week)
E: info@pandasfoundation.org.uk
www.pandasfoundation.org.uk

Abuse

NSPCC
T: 0808 800 5000
Children and young people
T: 0800 1111
E: help@nspc.org.uk
www.nspcc.org.uk

NAPAC
T: 0808 801 3331
(10am-9pm Mon-Thurs, 10am-6pm Fri)
E: support@napac.org.uk
www.napac.org.uk

One in Four
T: 0208 697 2112
E: admin@oneinfour.org.uk
www.oneinfour.org.uk

Rape Crisis
T: 0808 802 999 (12pm-2.30pm & 7pm-9.30pm, 7 days a week)
www.rapecrisis.org.uk

Refuge
T: 0808 2000 247
www.refuge.org.uk

Survivors UK
Text: 020 3322 1860
www.survivorsuk.org

Women’s Aid
E: helpline@womensaid.org.uk
www.womensaid.org.uk

Substance misuse and addiction

Adfam
T: 020 3817 9410
E: admin@adfam.org.uk
www.adfam.org.uk

Alcoholic Anonymous
T: 0800 9177 650
E: help@aamail.org
www.alcoholics-anonymous.org.uk

Alcohol Change UK
T: 020 3907 8480
E: contact@alcoholchange.org.uk
www.alcoholchange.org.uk

Al-Anon
T: 0800 0086 811
(10am-10pm, 7 days a week)
E: helpline@al-anonuk.org.uk
www.al-anonuk.org.uk

Cocain Anonymous
T: 0800 612 0225
(10am-10pm, 7 days a week)
E: helpline@cauk.org.uk
www.cauk.org.uk

Drink Aware
T: 0207 766 9900
E: contact@drinkaware.co.uk
www.drinkaware.co.uk

Drinkline
T: 0300 123 1110
(9am-8pm Mon-Fri, 11am-4pm Sat-Sun)

Drug Science
E: info@drugscience.org.uk
www.drugscience.org.uk

Gamblers Anonymous.org
T: 0330 094 0322
E: info@gamblersanonymous.org.uk
www.gamblersanonymous.org.uk

Progress
www.dualdiagnosis.co.uk

Talk to Frank
T: 0300 123 6600 Text: 82111
E: frank@talktofrank.com
www.talktofrank.com

UK SMART Recovery
www.smartrecovery.org.uk

With You
www.wearewithyou.org.uk

Eating disorders

ABC
T: 0300 011 1213
E: support@anorexiabulimiacare.org.uk
www.anorexiabulimiacare.org.uk

Beat
Over 18’s T: 0808 801 0677
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)
E: help@beateatingdisorders.org.uk
Student T: 0808 801 0811
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)
E: studentline@beateatingdisorders.org.uk
Youth T: 0808 801 0811
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)
E: fyp@beateatingdisorders.org.uk
www.beateatingdisorders.org.uk