



Addiction & Substance Misuse

Drink Aware

www.drinkaware.co.uk/

Phone 0207 766 9900

Drinkaware is an independent charity working to reduce alcohol misuse and harm in the UK. We're here to help people make better choices about drinking.

Talk To Frank

www.talktofrank.com

0300 123 6600

Talk To Frank is a national drug education service established in 2003. It provides information on legal and illegal drugs for teenagers and adolescents, including a confidential information line and live chat service on its website.

Anxiety

Anxiety UK

Phone: 08444 755 774

(Infoline, 9.30am – 5.30pm, Mon-Fri)

Text: 07537 416 905

Email: support@anxietyuk.org.uk

Website: www.anxietyuk.org.uk

Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected through information and support. This includes talking therapies and self-help groups.

No Panic

Phone: 0844 967 4848

(Helpline, 10am-10pm, 7 days a week)

Phone: 01753 840 393

(Youth helpline for 13 to 20 year olds, 4-6pm Mon-Fri)

Email: admin@nipanic.org.uk

Website: www.nopanic.org.uk

No Panic is a charity which helps people who experience and kind of anxiety disorder. It specialises in self-help based recovery via their helpline and resources available on their website.

OCD Action

Phone: 0845 390 6232

Email: support@ocdaction.org.uk

Website: www.ocdaction.org.uk

OCD Action is the national charity focusing on obsessive compulsive disorder. It provides support and information to those affected by OCD, and works to increase awareness of it. Runs a variety of self-help groups across the country as well as online support groups and advocacy services

Carers

Carers UK

Phone: 08008 808 7777

(Freephone Adviceline, 10am – 4pm, Mon – Fri)

Website: www.carersuk.org

Carers UK aims to make life easier for carers, by providing advice on a range of issues, including financial and practical matter relating to caring, and running an online peer support community of carers across the UK.

Carers Trust

Phone: 0844 800 4361

Email: support@carers.org

Website: www.carers.org

The Carers Trust is a major new charity for, with and about carers. They work to support carers through a wide range of information, providing respite care services and online peer support, including dedicated community for young carers under 18.

Debt

Money Advice Service

Phone: 0800 138 7777

(Freephone, 9am – 8pm, Mon-Fri, 9.30am-1pm Sat)

Website: www.moneyadviceservice.org.uk

A free independent service set up by the government that provides information on all money related matters via a helpline, online information and free web chats.

National Debtline

Phone: 0808 808 400 (Freephone, 9am-8pm Mon-Fri, 9.30am-1pm Sat)

Website: www.nationaldebtline.org

The National Debtline is an independent charity which provides free, confidential specialist advice on managing financial debt via a helpline, online information and web chats.

Depression

Depression UK

Email: info@depressionuk.org

Website: www.depressionuk.org

Depression UK is a national self-help organisation that offers support to everyone affected by depression.

Employment and Mental Health

ACAS (Advisory, Conciliation and Arbitration Service)

Phone: 0300 123 1100

Website: www.acas.org.uk

Acas provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law. Supports good relationships between employer and employees, but also provides conciliation services to resolve workplace problems.

Education Support Partnership

Phone: 0800 0562 561

(Freephone, 24 hours a day, 7 days a week)

Text: 07909 341 229

Email: support@edsupport.org.uk

Website: www.educationsupportpartnership.org.uk

Provides free confidential counselling for teachers, including online chat.

Mindful Employer

Phone: 01392 677 064

Email: info@mindfulemployer.net

Website: www.mindfulemployer.net

Mindful Employer aims to increase awareness of mental health at work and provides easily accessible information to organisations and support for staff who experience stress, anxiety, depression or other mental health conditions.

Shaw Trust

Phone: 01225 716 300

Website: www.shaw-trust.org.uk

The Shaw Trust is the UK's largest third sector provider of employment services for disabled and disadvantaged people.

Family, Parenting and Relationships

Family Action

Phone: 020 7254 6251

Email: info@family-action.org.uk

Website: www.family-action.org.uk

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social across England. They aim to strengthen families and communities by building skill and resilience. Their support service include a focus on parental mental health issues, such as perinatal depression.

Family Lives

Phone: 0808 800 2222 (Freephone helpline, see website for opening hours)

Website: www.familylives.org.uk

Family Lives is a national family support charity providing help and support in all aspects of family life. They run a dedicated confidential helpline, and provide a range of information on issues relating to parenting.

Relate

Phone: 0300 100 1234

Website: www.relate.org.uk

Relate is a national charity offering a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationship issues.

General Advice, Information and Support

Citizen's Advice

Phone: 03444 111 444

Website: www.citizensadvice.org.uk

Citizen's Advice provides free, independent information and advice for people on money, legal, consuming, housing and other problems. Its website is searchable for local citizen's advice bureaux and also a dedicated webchat service.

Gov.uk

Website: www.gov.uk

Gov.uk is first point of contact for information on all government services, including money, tax, benefits, disability, employment and carers' rights.

Health Talk

Website: www.healthtalk.org

Health Talk provides free, reliable information about health issues, by sharing people's real-life experiences.

Men's Health Forum

Email: manmot@menshealthforum.org.uk

Website: www.menshealthforum.org.uk

Men's Health Forum provides free, independent health information focusing on male health issues, including particular projects around men's mental health.

NHS Choices

Website: www.hs.uk

NHS Choices provides a wide range of accessible information on all health related issues, including symptoms, conditions, treatments and local NHS services available. This includes a dedicated section on mental health (under the 'Living Well' heading).

General Mental Health

Rethink Mental Illness

Phone: 0121 522 7007

Email: info@rethink.org

Website: www.rethink.org

Rethink Mental Illness provides a range of support, advice and information services relating to mental illness, as well as conducting national campaigns and research. Rethink runs over 200 mental health services and 150 support groups across England, including therapy services, peer support groups and many more.

Learning Disabilities

Mencap

Phone 0808 808 111 (9am-5pm, Mon-Fri)

Email: help@mencap.org.uk

Website: www.mencap.org.uk

Mencap works in partnership with people with learning disability, their families and carers to provide a range of support services.

Hft

Phone: 0117 906 1700

Website: www.hft.org.uk

Hft is a national charity providing services for people learning disabilities throughout England through personalised support services.

Lesbian, Gay, Bisexual and Transgender (LGBT+)

Lesbian, Gay, Bisexual and Transgender Switchboard.

Phone: 0300 330 0630

(Local call rates, 10am-11pm, 7 days a week)

Email: chris@switchboard.lgbt

Website: www.switchboard.lgbt

Confidential support, information and referral services for the LGBT community, including online chat services.

Stonewall

Phone: 0800 050 2020

(freephone information service)

Email@info@stonewall.org.uk

Website: www.stonewall.org.uk

Stonewall supports all lesbian, gey, bi and trans people with a range of help and advice services and by working in partnership with businesses and communities to tackle issues related to discrimination.

Older People

Age UK

Phone: 0800 169 2081

(Freephone adviceline)

Website: www.ageuk.org.uk

AgeUK provides a range of information and support services for older people and those caring for them. Includes befriending services to combat loneliness in elderly people, which may contribute to mental health issues.

Refugees

Refugee Council

Phone: 020 7346 6700

Website: www.refugeecouncil.org.uk

The UK's largest organisation working with refugees and asylum seekers. Includes the provision of specialist therapeutic services targeted to these populations.

Self-harm

Harmless

Email: info@harmless.org.uk

Website: www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self-harm, including support, information, training and consultancy to people who self-harm, their friends and families and professionals. Includes resources on alternative coping strategies.

selfharmUK

Website: www.selfharm.co.uk

selfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what is going on in their lives. It allows people to share their personal stories around selfharm and receive answers online. Run by a national charity Youthscape.

Self Injury Support

Phone: 0808 800 8088

(Freephone helpline, 7pm-10pm, Mon-Fri)

Website: www.selfinjurysupport.org.uk

Self injury Support is a national organisation that supports girls and women affected by self-injury or self-harm. They run a dedicated self-injury helpline, as well as a text and email support for girls and young women under 24 years of age and supports self-injury self-help groups.

Self Help Apps & Online Resources.

Big White Wall

Website: www.bigwhitewall.com

A safe online community of people who are anxious, down or not coping who support and help each other by sharing what is troubling them, guided by trained professionals, Also available in an app.

CBT Online

Website: www.moodgym.anu.edu.au

An interactive site that teaches people cognitive behavioural therapy skills to prevent and cope with depression.

Elefriends

Website: www.elefriends.org.uk

Run by mental health charity Mind, Elefriends aims to provide a safe, supportive online community where everyone can share experiences relating to mental health and get support from people with similar experiences.

Students (Higher Education)

Nightline

Phone: Numbers vary, check website for local nightline numbers available

Website: www.nightline.ac.uk

The nightline association provides listening, support and information helplines run by university students for university students, including about mental health related issues.

Student Minds

Email: info@studentminds.org.uk

Website: www.studentminds.org.uk

Student Minds is the UK's mental health charity, aiming to provide students with the skills, knowledge and confidence to talk about their mental health and support peers.

Suicide Prevention

CALM (Campaign Against Living Miserably)

Phone: 0800 58 58 58

(Helpline, 5pm-midnight, 7 days a week)

Email: info@thecalmzone.net

Website: www.thecalmzone.net

The Campaign Against Living Miserably is a charity which exists to prevent male suicide in the UK. They run a dedicated support line and online webchat for men who are experiencing emotional distress or who are in crisis. It also seeks to challenge a culture that prevents men from seeking help when they need it.

Young People

Childline

Phone: 0800 1111

(Freephone, 24 hours a day, 7 days a week)

Website: <http://www.childline.org.uk/>

Provides free confidential counselling for children and young people. Online chat services with a counsellor are also available on the website.

YoungMinds

Phone: 0808 802 5544

(9.30am-4pm, Mon-Fri) – Parents' helpline

Email: ymenquiries@youngminds.org.uk

Website: www.youngminds.org.uk

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people through campaign, research and policy work. They also operate a parent helpline (see above) for any parent concerned about their child's mental health, and resources for professionals working with young children.