

## CRISIS

### Samaritans

A 24-hour crisis line for people contemplating harming themselves.

<https://www.samaritans.org>

Free Phone: 116 123

Tel: 0845 790 9090

### Saneline

Offers practical information, crisis care and emotional support.

<http://www.sane.org.uk>

Tel: 08457 767 8000 (6pm – 11pm every day)

### CALM

Campaign for Men Living Miserably is a leading charity against male suicide. They offer support via phone or webchat for men who are feeling down or in crisis.

<https://www.thecalmzone.net>

Tel Nationwide: 0800 58 58 58 (Open 5pm – midnight, 365 days per year)

Tel London: 0808 802 58 58

### PAPYRUS

PAPYRUS aim is to give hope and to prevent suicides in young people. They provide confidential support and advice to young people and anyone worried about a young person. They also train professionals and campaign for the protection of young people at risk of suicide.

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

Tel: HOPELineUK: 0800 068 41 41

## MENTAL HEALTH

### MIND

Provides advice and support to empower anyone with a mental health problem.

Call there Info-line: 0300 123 3393 or Text: 86463

E-mail: [Info@mind.org.uk](mailto:Info@mind.org.uk)

They also have a legal line to offer legal advice

Tel: 0300 466 6463

Email: [Legal@mind.or.uk](mailto:Legal@mind.or.uk)

For more information check out their website [mind.org.uk](http://mind.org.uk)

### No Panic

For people experiencing panic or anxiety problems

Freephone: 0800 138 8889 10am – 10pm every day

### Anxiety UK

A charity providing support for those with anxiety problems, set up by someone with an anxiety disorder and is ran by people with lived experience of anxiety.

Infoline: 03444 775 774

Text Service: 07537 416905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

<https://www.anxietyuk.org.uk>

### OCD Action

Offers advice and support to those with OCD. Includes information about treatment, advocacy, local help groups and online resources.

Call: 0845 390 6232 (Mon – Fri, 9.30 - 17.00)

E-mail: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)

<https://www.ocdaction.org.uk>

### OCD UK

A charity run by people with OCD for people with OCD. Provides advice, information and support services for people with OCD.

OCD-UK advice line: 0332 127 890

<https://www.ocduk.org>

## YOUTH

### Get Connected

The UK's free confidential helpline service for young people under 25 no matter where they are in the UK. The service is available for 365 days a year over the phone, via web chat, e-mail or free app. Trained volunteers offer emotional support and can search a database of trusted organizations across the UK for further specialist help.

Freephone: 0808 808 4994

Text: 8084

Email & web-chat via <http://www.getconnected.org.uk/>

### Muslim Youth Helpline

A National award-winning charity that provides free, confidential and culturally sensitive support services for vulnerable young people in the UK. Male and female volunteers trained in basic counselling skills can respond to enquiries about any issue, such as relationships, mental health, sexual abuse and religion. The majority of the volunteers are under 28 years of age and are selected from the ethnically diverse Muslim communities in the UK.

Freephone: 0808 808 2008 (6pm – 12am)

E-mail: [help@myh.org.uk](mailto:help@myh.org.uk)

Live webchat: <http://www.myh.org.uk/>

## ABUSE

### NSPCC

UK's leading charity to prevent child abuse and help those affected recover. If you're worried about a child contact their helpline of trained counsellors

Tel: 0808 800 5000

Email: [help@nspcc.or.uk](mailto:help@nspcc.or.uk)

18 or under? Freephone: 0800 1111 Child-line offers free support, advice and help.

<https://www.nspcc.org.uk>

### Refuge

Advice for those experiencing domestic violence

Tel: 0808 2000 247 (24-hour helpline)

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

### Aanchal

A 24 hour crisis line for Asian women experiencing domestic abuse

Tel: 0845 451 2547

### Rape Crisis

For emotional support call the national helpline or visit the website for live chat and to find your local rape crisis centre.

Tel: 0808 802 9999 (daily, 12 to 2.30pm, 7 to 9.30pm)

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

### Victim Support

If you've been a victim of a crime you can contact them for free and confidential support to help you move on beyond the impact of crime.

Tel: 0808 168 9111 (24-hour helpline)

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

## LEARNING DISABILITIES

### Mencap

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

Helpline: 0808 808 1111 (Mon to Fri, 9am to 5pm)

Online: [www.mencap.org.uk](http://www.mencap.org.uk) for advice and support.

## PARENTING

### Family Lives

Advice on all aspects of parenting including child development, issues with schools, relationships, aggression, dealing with bullying and mental health concerns.

Tel: 0808 800 2222 (Mon to Fri, 9am to 9pm. Sat to Sun, 10am to 3pm)

Online: [www.familylives.org.uk](http://www.familylives.org.uk) for advice, befriending and support groups.

## RELATIONSHIPS

### Relate

The UK's largest provider of relationship support. They provide advice on marriage, LGBT, divorce and parenting.

Talk to someone online using their live chat: [www.relate.org.uk](http://www.relate.org.uk)

## LOSS

### Cruse Bereavement Care

If you need support following a bereavement

Tel: 0844 477 9400 (Mon to Fri, 9am to 5pm)

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