

Alcoholics Anonymous

Phone: 0845 769 7555 (24-hour helpline)

Website: www.alcoholics-anonymous.org.uk

Anxiety UK

Charity providing support if you've been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Mon-Fri, 9.30am-5.30pm)

Website: www.anxietyuk.org.uk

Beat

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: www.b-eat.co.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15-35.

Website: www.thecalmzone.net

Carers UK

Support for those who are caring for others

Phone: 0808 808 7777 - Open Monday & Tuesday 10am to 4pm. *Note: listening service available

Mondays and Tuesdays, from 9am to 7pm.

Website: <https://www.carersuk.org>

Cruse Bereavement Care

Phone: 0844 477 9400 (Mon-Fri, 9am-5pm)

Website: www.crusebereavementcare.org.uk

Depression Alliance

Charity for sufferers of depression. Has a network of self-help groups.

Website: www.depressionalliance.org

Gamblers Anonymous

Website: www.gamblersanonymous.org.uk

Heads Together

Charity trying to change the conversation about mental health

Website: <https://www.headstogether.org.uk>

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mencap

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

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

Website: www.mencap.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

Website: www.mind.org.uk

Narcotics Anonymous

Phone: 0300 999 1212 (daily until midnight)

Website: www.ukna.org

Nightline

A night-time listening service for students

Website (to find a local service): <https://www.nightline.ac.uk/want-to-talk/>

No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 967 4848 (daily, 10am-10pm)

Website: www.nopanic.org.uk

OCD Action

Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources.

Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm)

Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0845 120 3778 (Mon-Fri, 9am-5pm)

Website: www.ocduk.org

PANDAS

Support and advice for any parent who is experiencing a perinatal mental illness.

Phone: 0843 28 98 401 (available from 9am – 8pm every day)

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

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm. Weekends 2-5pm)

Website: www.papyrus-uk.org

Relate

Phone: 0300 100 1234 (for information on their services)

Website: www.relate.org.uk

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30-10.30pm)

Textcare: comfort and care via text message, sent when the person needs it

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

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Sands

For those who have experienced the loss of baby

Phone: 0808 164 3332

email: helpline@sands.org.uk

Website: <https://www.sands.org.uk>

The Silver Line

For those over the age of 55, providing information, support and friendship

Phone: 0800 4 70 80 90 (24 hours a day, 365 days a year)

Website: <https://www.thesilverline.org.uk>

Switchboard the LGBT+ helpline

For those who identify as gay, lesbian, bisexual or transgender, this is available to listen to any problems you're having

Phone: 0300 330 0630

Website: <https://switchboard.lgbt>

Tommy's

For those who have experienced the loss of baby or those who are pregnant and want to speak to a qualified midwife for advice and signposting

Phone: 0800 0147 800

Website: <https://www.tommys.org>

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)

Website: www.youngminds.org.uk