

Generic			
Samaritans	116123 (24 hours, 7 days a week)	www.samaritans.org	
Saneline	0300 304 7000 (6pm-11pm 7 days a week)		
<u>Abuse – DV, Child and Sexual</u>			
NAPAC – National Association for People Abused in Childhood	0808 801 0331	www.napac.org.uk	
NSPCC	0808 800 5000 (24 hours, 7 days a week – for adults concerned about a child)		
One in Four	0208 697 2112	www.oneinfour.org.uk	Supports people who have experienced child sexual abuse.
Rape Crisis	0808 802 999	www.rapecrisis.org.uk	
Refuge	0808 2000 247	www.refuge.org.uk	Help and info RE DV. Works alongside womens aid. Runs a number of safe houses.
Survivors UK	0203 598 3898	www.survivorsuk.org	Support for men who have experienced sexual violence or abuse.
<u>Addiction and Substance Misuse</u>			
Addaction	020 7251 5860	www.addaction.org.uk	
Adfam	0207 553 7640	www.adfam.org.uk	Information and support for families affected by drugs and alcohol.
Al-Anon Family Groups	0207 403 0888 (10am-10pm, 7 days a week)	www.al-anonuk.org.uk	Provides support to anyone's life who is or has been affected by someone drinking.
Alcoholics Anonymous	0800 9177 650	www.alcoholics-anonymous.org.uk	
Alcohol Concern	0207 566 9800	www.alcoholconcern.org.uk	
Alcohol Health Network	0203 151 2420	www.alcoholhealthnetwork.org.uk	
Cocaine Anonymous	0800 612 0225	www.cauk.org.uk	
DrugScience		www.drugscience.org.uk	Science led drugs charity
Dual Recovery Anonymous	0300 124 0373	www.dualrecoveryanonymous.org	To assist those with a dual diagnosis of substance misuse alongside a MH problem
Gamblers Anon		www.gamblersanonymous.org.uk	
Marijuana Anon	0300 124 0373	www.marijuana-anonymous.org.uk	
UK Smart Recovery		www.smartrecovery.org.uk	Assistance to help people manage their recovery from any type of addictive behaviour.
<u>Anxiety</u>			
Anxiety UK	08444 775 774 (930am – 530pm mon-fri) 07537 416905 – text	www.anxietyuk.org.uk	

No Panic	0844 967 4848 (10am-10pm 7 days a week) 01753 840393 (youth helpline, 13-20yr olds, 4-6pm mon-fri)	www.nopanic.org.uk	
OCD Action	0845 390 6232	www.ocdaction.org.uk	
OCD-UK	0845 120 3778	www.ocduk.org	Children and adults
Triumph Over Phobia	01225 571740	www.topuk.org	
<u>Armed Forces</u>			
ABF The Soldiers' Charity	0207 901 8900	www.soldierscharity.org	
Combat Stress	0800 138 1619 (24 hours, 7days a week) 07537 404719 – text	www.combatstress.org.uk	
PTSD Resolution	0300 302 0551 (9-5, mon-fri)	www.ptsdresolution.org	Helps those that are struggling to reintegrate into a normal life because of military trauma.
SSAFA	0800 731 4880	www.ssafa.org.uk	Provides lifelong support to anyone who is currently or ever has served in any armed forces.
<u>Bereavement</u>			
Bereavement Advice Centre	0800 634 9494 (9-5, mon-fri)	www.bereavementadvice.org	
Child Bereavement UK	0800 028 8840 (9-5, mon-fri)	www.childbereavementuk.org	Supports in relation to a baby or child dying or when a child them self may be facing bereavement.
Cruse Bereavement Care	0808 808 1677	www.cruse.org.uk	Supports children and adults.
<u>Bipolar Disorder</u>			
Bipolar UK	0333 323 3880	www.bipolaruk.org	
<u>Carers</u>			
Carers Trust	0844 800 4361	www.carers.org	There to support carers and a dedicated community for young carers under 18
<u>Debt</u>			
Money Advice Service	0800 138 7777	www.moneyadviceservice.org.uk	Free and independent, set up by government.
National Debtline	0808 808 4000	www.nationaldebtline.org	
<u>Depression</u>			
Association for Postnatal Illness	0207 386 0868 (10am-2pm, mon-fri)	www.apni.org	
Charlie Waller Memorial Trust	01635 869 754	www.cwmt.org.uk	Set up to help young people see the importance of keeping mentally well.
Depression UK		www.depressionuk.org	
PANDAS Foundation	0843 2898 401 (9am-8pm, 7 days a week)	www.pandasfoundation.org.uk	Support for anyone affected by perinatal mental health issues
<u>Eating Disorders</u>			
ABC (Anorexia & Bulimia Care)	0300 011 1213	www.anorexiabulimiare.org.uk	
Beat	0345 634 1414 (over 18)	www.b-eat.co.uk	

	0345 634 7650 (under 25)		
MGEDT (men)		www.mengetedstoo.co.uk	Supporting men
<u>Employment and Mental Health</u>			
ACAS	0300 123 1100	www.acas.org.uk	Advice to employers and employees on workplace relationships and employment law.
Mindful Employer	01392 677 064	www.mindfulemployer.net	Aims to increase awareness of MH at work.
<u>Family, Parenting & Relationships</u>			
Family Action	020 7254 6251	www.family-action.org.uk	Provide practical support to families having a hard time with various issues.
Relate	0300 100 1234	www.relate.org.uk	Helps with couple and family relationships through counselling and therapy.
<u>General MH</u>			
Mind	0300 123 3393	www.mind.org.uk	
Rethink Mental Illness	0121 522 7007 (general enquiries)	www.rethink.org	
<u>Learning Disabilities</u>			
Mencap	0808 808 1111 (9am-5pm mon-fri)	www.mencap.org.uk	
<u>LGBT</u>			
LGBT Switchboard	0300 330 0630 (10am-11pm 7 days a week)	www.switchboard.lgbt	
<u>Nutrition & MH</u>			
Food for the Brain	0300 365 0130	www.foodforthebrain.org	
<u>Older People</u>			
Age UK	0800 169 2081	www.ageuk.org.uk	
Alzheimer's Society	0300 222 1122	www.alzheimers.org.uk	
Dementia UK	0800 888 6678	www.dementiauk.org	
<u>Personality Disorder</u>			
Emergence		www.emergenceplus.org.uk	User led organisation supporting all affected by personality disorder.
		www.personalitydisorder.org.uk	Range of resources including pilot projects etc.
<u>Psychosis</u>			
Action on Postpartum Psychosis	0203 3229 900	www.app-network.org	Supports women who have lived experience of postpartum psychosis.
Hearing Voices Network	0114 271 8210	www.hearing-voices.org	
<u>Self-Harm</u>			
Harmless		www.harmless.org.uk	Provides a range of services about self-harm and resources on alternate coping strategies.
Self-Injury Support	0808 800 8088 (7pm-10pm, mon-fri)	www.selfinjurysupport.org.uk	Supports women and girls. Text and email service

			available.
<u>Suicide Prevention</u>			
ASIST (Applied Suicide Intervention Skills Training)		www.livingworks.net	2-day course that teaches people how to intervene when someone is suicidal.
CALM (Campaign Against Living Miserably)	0800 585858 (5pm-midnight, 7 days a week)	www.thecalmzone.net	Aims to prevent male suicide in the UK.
Papyrus	0800 068 4141 (mon-fri, 10am-10pm & weekends 2pm-10pm)	www.papyrus-uk.org	Prevention of young suicide. Anyone aged up to 35. Also for anyone concerned about a young person.
<u>Young People</u>			
Place 2 Be	0207 923 5500	www.place2be.org.uk	Provides emotional and therapeutic services in schools.
Kooth		www.kooth.com	Free online support delivered by qualified counsellors.
STEM4		www.stem4.org.uk	Aims to improve teenage MH by stemming common issues at an early stage.
The Mix	0808 808 4994 (11am-11pm, 7 days a week)	www.getconnected.org.uk	Young people under 25 who need help but don't know where to turn.