



## Mental health advice and support information

### NHS 111

**For urgent advice and support**  
Tel: 111\*  
111.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**  
Telephone: 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**  
Telephone: 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.**

### Debt

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

**National Debtline**  
Tel: 0808 808 4000  
www.nationaldebtline.org.uk

### Self harm

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

**Harmless**  
Email: info@harmless.org.uk  
www.harmless.org.uk

**NSHN**  
www.nshn.co.uk

**Self Injury Support**  
Tel: 0808 800 8088  
(7pm-9.30pm, Tues and Thurs)  
Text: 07537 432444  
Email: tessmail@selfinjurysupport.org.uk  
www.selfinjurysupport.org.uk  
For women of any age or background

### General mental health information

**Rethink Advice & Info Service**  
Tel: 0808 800 8088

### Crisis and emotional support

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

### Anxiety

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

### No Panic

Tel: 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  
Email: admin@nopanic.org.uk  
www.nopanic.org.uk

### OCD Action

Tel: 0300 636 5478  
Email: support@ocdaction.org.uk  
www.ocdaction.org.uk

### OCD UK

Tel: 01332 588 112  
Email: support@ocduk.org  
www.ocduk.org

### Triumph Over Phobia

Tel: 01225 571 740  
Email: info@topuk.org  
www.topuk.org

### Depression

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

### Bipolar UK

Email: info@bipolaruk.org  
www.bipolaruk.org

### Charlie Waller Memorial Trust

Tel: 01635 869 754  
(9am-5pm, Mon-Fri)  
Email: admin@cwmt.org.uk  
www.cwmt.org.uk

### Depression UK

Email: info@depressionuk.org  
www.depressionuk.org

### PANDAS Foundation

Tel: 0808 1961 776  
(11am-10pm, 7 days a week)  
Email: info@pandasfoundation.org.uk  
www.pandasfoundation.org.uk

You can access our full  
range of free mental health  
resources on our website  
[sja.org.uk/mh-resources](http://sja.org.uk/mh-resources)

### Abuse

**NSPCC**  
Tel: 0808 800 5000  
Children and young people tel: 0800 1111  
Email: help@nspcc.org.uk  
www.nspcc.org.uk

### NAPAC

Tel: 0808 801 0331  
(10am-9pm Mon-Thurs, 10am-6pm Fri)  
Email: support@napac.org.uk  
www.napac.org.uk

### One in Four

Tel: 0208 697 2112  
Email: admin@oneinfour.org.uk  
www.oneinfour.org.uk

### Rape Crisis

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

### Refuge

Tel: 0808 2000 247  
www.refuge.org.uk

### Survivors UK

Text: 020 3322 1860  
www.survivorsuk.org

### Women's Aid

Email: helpline@womensaid.org.uk  
www.womensaid.org.uk

### Crime victims

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

### Victim Support

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

### Bereavement

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

### Child Bereavement UK

Tel: 0800 028 8840  
Email: support@childbereavementuk.org.uk

### Cruse Bereavement care

Tel: 0808 808 1677  
Email: helpline@cruse.org.uk  
www.cruse.org.uk

### Survivors of Bereavement by Suicide

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

### Suicide

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

### Papyrus

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

### Substance misuse and addiction

**Adfam**  
Tel: 020 3817 9410  
Email: admin@adfam.org.uk  
www.adfam.org.uk

### Alcoholic Anonymous

Tel: 0800 9177 650  
Email: help@aamail.org  
www.alcoholics-anonymous.org.uk

### Alcohol Change UK

Tel: 020 3907 8480  
Email: contact@alcoholchange.org.uk  
www.alcoholchange.org.uk

### Al-Anon

Tel: 0800 0086 811  
(10am-10pm, 7 days a week)  
Email: helpline@al-anonuk.org.uk  
www.al-anonuk.org.uk

### Cocain Anonymous

Tel: 0800 612 0225  
(10am-10pm, 7 days a week)  
Email: helpline@cauk.org.uk  
www.cauk.org.uk

### Drink Aware

Tel: 0207 766 9900  
Email: contact@drinkaware.co.uk  
www.drinkaware.co.uk

### Drinkline

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

### Drug Science

Email: info@drugscience.org.uk  
www.drugscience.org.uk

### Gamblers Anonymous.org

Tel: 0330 094 0322  
Email: info@gamblersanonymous.org.uk  
www.gamblersanonymous.org.uk

### Progress

www.dualdiagnosis.co.uk

### Talk to Frank

Tel: 0300 123 6600  
Text: 82111  
Email: frank@talktofrank.com  
www.talktofrank.com

### UK SMART Recovery

www.smartrecovery.org.uk

### With You

www.wearewithyou.org.uk

### Eating Disorders

**ABC**  
Tel: 0300 011 1213  
Email: support@anorexiabulimiacare.org.uk  
www.anorexiabulimiacare.org.uk

### Beat

Over 18's tel: 0808 801 0677  
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)  
Email: help@beateatingdisorders.org.uk

Student Tel: 0808 801 0811  
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)  
Email: studentline@beateatingdisorders.org.uk

Youth Tel: 0808 801 0811  
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)  
Email: fyp@beateatingdisorders.org.uk  
www.beateatingdisorders.org.uk