# Mental Health Helplines

## Anxiety UK

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

Call: 08444 775 774 (Mon-Fri, 9.30am-5.30pm)

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

## Bipolar UK

A charity helping people living with manic depression or bipolar disorder. Contact via Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk/)

## B-EAT Eating Disorder Association

Call: 08456 341 414

## CALM

CALM is the Campaign Against Living Miserably, for men aged 15-35. Dedicated to preventing men from committing suicide:

London helpline: call 0808 802 5858 (5pm to midnight) Website: [www.thecalmzone.net](http://www.thecalmzone.net/)

## CRUSE

CRUSE National helpline 0808 808 1677

## Men’s Health Forum

24/7 stress support for men by text, chat and email: Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk/)

## Mental Health Foundation

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

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

## 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:

Call 0844 967 4848 (daily, 10am-10pm) Website: [www.nopanic.org.uk](http://www.nopanic.org.uk/)

## Mind

Mind is the UK’s largest mental health charity. It provides information and support to improve the lives of people suffering from mental distress. Call 020 8519 2122 or visit [www.mind.org.uk](http://www.mind.org.uk/)

Mind also provides Helplines to make sure people get the help and support they need:

Mind Helplines

All Mind helplines are available Monday to Friday, excluding Bank Hols – 9am – 6pm

* + Mindinfoline

Information on a range of mental health topics, types of mental health problems, where to get help, medication and alternative treatments and advocacy:

Call: 0300 123 3393 or text 86463 Email: [info@mind.org.uk](mailto:info@mind.org.uk)

* + Mind legal-line

Legal and general information on mental health law: Call: 0300 466 6463

Email: [legal@mind.org.uk](mailto:legal@mind.org.uk)

* + Mind Blue Light Infoline

Mind’s Blue Light infoline is specifically for emergency service staff, volunteers and family. The team provides information on a range of topics including; Staying mentally well at work, different types of mental health services, how and where to get help, medical and alternative treatments, advocacy, information about post-traumatic stress disorder, existing mental health support and mental health and the law.

Call: 0300 303 5999 (local rates) or text 84999 Email: [bluelightinfo@mind.org.uk](mailto:bluelightinfo@mind.org.uk)

## Obsessive Compulsive Disorder Action

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

Call 0845 390 6232 (Mon-Fri, 9.30am-5pm) Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk/)

## Obsessive Compulsive Disorder UK

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

Call 0845 120 3778 (Mon-Fri, 9am-5pm) Website: [www.ocduk.org](http://www.ocduk.org/)

## PAPYRUS

Young suicide prevention society.

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

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

Premier Lifeline

The National Christian Helpline. Being there at the end of the phone. A place where faith and compassion meet.

Call: 0300 111 0101 (9am-midnight, 7 days a week)

## Rape and Sexual Abuse Support Centre

Call: 0808 802 9999 (Tuesday and Wednesday 12 – 2.30pm. 7 – 9.30pm)

## Survivors UK

For male abuse victims:

Call: 0845 122 1201 (Tuesday and Wednesday 7 – 9.30pm)

## National Self Harm Network

Call: 0800 622 6000 (Daily 7 – 11pm)

## Rethink Mental Illness

Support and advice for people living with mental illness: Call: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

Website: [www.rethink.org](http://www.rethink.org/)

## Samaritans

Confidential support for people experiencing feelings of distress or despair:

Call: 116 123 (free 24-hour helpline) Website: [www.samaritans.org.uk](http://www.samaritans.org.uk/)

## Sane

Charity offering support and carrying out research into mental illness: Call: 0845 767 8000 (daily, 6-11pm)

SANEmail email: [sanemail@org.uk](mailto:sanemail@org.uk) Website: [www.sane.org.uk](http://www.sane.org.uk/)

## Mindline Trans+?

Mindline Trans+ is a confidential emotional, mental health support helpline and signposting service for people who identify as Trans, A Gender, Gender Fluid,

Non-binary.

Trans and Trans allies who volunteer to respond to your calls as often as possible. We are open 2 evenings a week Mondays and Fridays from 8pm to midnight.

Call 0300 330 5468

## Winston’s Wish

National charity for bereaved children – 08088 020 021

## Young Minds

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

Call Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm) Website: [www.youngminds.org.uk](http://www.youngminds.org.uk/)