



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

Abuse

NSPCC

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

NAPAC

Tel: 0808 801 3331
(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.victiminformationservice.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