

Mental Health Organisations

If you feel like you may harm yourself or feel unable to keep yourself safe, or if you believe someone to be in immediate danger then you need to seek emergency help. Please phone 999 for an ambulance or go straight to A&E. If you are unsure on what course of action you should take, please phone your local crisis line - you can find the details of this by clicking the following link:

<https://www.nhs.uk/servicesearch/mental-health/find-an-urgent-mental-health-helpline>

Our A-Z list of mental health organisations includes those offering a wide range of services and support for all ages. This includes promotion of positive mental health and wellbeing, support for coping with managing times of stress or anxiety, support for long term mental health conditions, and immediate support for those experiencing a mental health crisis. Not all organisations will be relevant to your circumstances.

ANXIETY UK

Anxiety UK is a support service which aims to provide relief for agoraphobia and other anxiety disorders. Their service is provided by those with personal experience and includes a helpline & text service, webchat, courses, and social events.

Telephone: 03444 775 774 (9:30am-5.30pm Mon-Fri)

Text support service: 07537 416905

Website (click the following link): www.anxietyuk.org.uk

C.A.L.M (Campaign Against Living Miserably)

Offers evening support and advice to those feeling suicidal or those concerned about someone they know. Outside of these ours support is offered via online resources and a helpful chatbot which helps people find the support they need.

Telephone: 0800 58 58 58 (5pm – Midnight, 365 days a year)

Website (click the following link): www.thecalmzone.net

MIND

Mind offers support, information and advice on various mental health problems and offers signposting for where to get help locally and how to access treatments and therapies. Mind offers support on a local and national level and works in partnership with many local organisations across the UK.

Telephone: 0300 123 3393 (9am-6pm, Mon - Fri except bank holidays)

Email (click the following link): info@mind.org.uk

Website (click the following link): www.mind.org.uk

PAPYRUS

PAPYRUS are dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing. They provide confidential support and advice to young people under the age of 35 struggling with thoughts of suicide, and anyone worried about a young person through their HOPELINE.

Telephone: 0800 068 4141 (9am-midnight, 365 days a year)

Text: 07860039967 (9am-midnight, 365 days a year)

Email (click the following link): pat@papyrus-uk.org

Website (click the following link): www.papyrus-uk.org

RETHINK

Rethink offer an information and advice service providing practical help on various topics such as The Mental Health Act, community care, money and finance, and carers rights. They also offer information on living with mental illness, medication and care. Support is offered via phone, email, webchat, or post.

Telephone: 0808 801 0525 (9:30am-4pm, Mon - Fri except bank holidays)

Email (click the following link): advice@rethink.org

Website (click the following link): www.rethink.org

SAMARITANS

Samaritans provides confidential emotional support for people going through a difficult time, or experiencing distressing feelings. You can phone, email, or write a letter. Samaritans also has a self-help app you can download.

Telephone: 116 123 (24/7 freephone)

Email (click the following link): jo@samaritans.org

Website (click the following link): www.samaritans.org

SANELINE

SANEline is a helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

Telephone: 0300 304 7000 (4pm to 10pm, every day)

Website (click the following link): www.sane.org.uk

SHOUT

Shout is a 24/7 free confidential text service for anyone in crisis or struggling to cope. It is run by trained volunteers offering dedicated support and is a legacy of the Heads Together campaign.

Text: Text SHOUT to 85258

Website (click the following link): www.giveusashout.org

SILVERLINE

Silverline is a free, confidential telephone service, giving older people the chance to enjoy a friendly chat and get some support.

Telephone: 0800 4 70 80 90 (24/7, 365 days a year)

Website (click the following link): www.thesilverline.org.uk

THE MIX

The Mix provides information, advice, and support to under-25s on a whole range of topics. Young people can get in touch to discuss any aspect of life that may be causing stress or anxiety and they will receive non-judgmental support to guide them through. Support is offered directly by the team, via phone, text, email, online chat, or counselling sessions. Peer support is also available through group chat or discussion boards.

Telephone: 0808 808 4994 (4pm-11pm, free to call)

Crisis Messenger: Text 'THEMIX' to 85258 (24/7)

Website (click the following link): www.themix.org.uk

YOUNG MINDS

Young Minds offers support for young people needing to talk to someone and who are struggling with their mental health. They offer advice and resources for young people to build resilience and make positive choices. It also offers information, support and advice to parents and carers, and professionals working with young people who are looking to support a young person's mental health.

Young People's Textline: Text YM to 85258

Parent's Helpline: 0808 802 5544 (9:30am-4pm, Mon - Fri)

Website (click the following link): www.youngminds.org.uk