

Support Services and Helplines

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Mental health support services

Mind

Mental health information and support for all ages, including young people.

Support Line 0300 102 1234 (9am to 6pm Monday to Friday excluding bank holidays)

Info Line 0300 123 3393

www.mind.org.uk



Young Minds

Mental health charity for children and young people.

www.youngminds.org.uk



Shout Textline (part of the Mental Health Innovations charity)

Text 'shout' to 85258

24/7 support, free and confidential



Stem4 – Mental health support apps

- **Calm Harm** – to help teenagers manage or resist the urge to self harm.
- **Clear Fear** – to help children and young people manage anxiety.
- **Move Mood** – to help teenagers manage low mood and depression.
- **Combined Minds** – to help families and friends provide mental health support.
- **Worth Warrior** -to help young people manage low self-worth, poor body image and related eating disorders



www.stem4.org.uk

The Samaritans

Support for anyone in emotional distress.

Tel: 116 123 (free from landlines & mobiles, no credit needed)

Email: jo@samaritans.org (replies can take several days)

Some branches offer a face-to-face service



www.samaritans.org

The Blurt Foundation

'We are Blurt and we're dedicated to helping those affected by depression.' Website with many useful resources and tools for those coping with depression (also useful for other mental health issues and general emotional well-being).

www.blurtitout.org



Beat

beat is the leading UK charity for people with eating disorders and their families.

www.beateatingdisorders.co.uk

Helplines open 3-8pm Monday to Friday

England 0808 801 0677

One to one webchat available on the website at these times too.

Email help@beateatingdisorders.co.uk



Recovery Record

"Eating disorder management from the privacy of your mobile phone." Available free for iPhone and Android.

Download the App
www.recoveryrecord.com



Able Futures

Able Futures delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions.

Nine months confidential, no cost advice, guidance and support from mental health professionals to help you cope with work while you manage a mental health condition such as anxiety, depression or stress.

<https://able-futures.co.uk>

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futures**

Bereavement

Cruse

Bereavement helpline 0808 808 1677
www.cruse.org.uk

Cruse
Bereavement
Support

The Good Grief Trust

Helping you find local and national support services for different types of loss.

www.thegoodgrieftrust.org



Holding On Letting Go

Bereavement support for children, young people and their families
www.holg.org.uk



**Holding On
Letting Go**

Domestic abuse

National Domestic Violence Helpline (run by Refuge)



Men's Advice Line (run by Respect)

For male domestic abuse survivors
0808 801 0327



Bright Sky website and app

For anyone experiencing domestic abuse, or worried about someone else.

www.hestia.org.uk/brightsky



Sexuality & Gender

LGBT Foundation

<https://lgbt.foundation/>

Information and support

Helpline 9am – 9pm weekdays and 10am – 6pm weekends.

0345 3 30 30 30



The Proud Trust

<https://www.theproudsttrust.org/for-young-people/>

Web chat available 12-6pm Monday to Friday



AKT (formerly the Albert Kennedy Trust)

AKT supports LGBTQ+ young people aged 16-25 in the UK who are facing/experiencing homelessness or living in a hostile environment.

<https://www.akt.org.uk>

Live chat available 10am – 4:30pm Monday to Friday

Email gethelp@akt.org.uk

Regional offices available in London, Bristol, Manchester and Newcastle.



Switchboard LGBT+ helpline

<https://switchboard.lgbt/>

0800 011 9100

Email hello@switchboard.lgbt (reply within 5 days)

Web chat also available.



Victims of crime

Victim Support

Support Line 0808 168 9111

Live Chat available

www.victimsupport.org.uk



Self-harm

Alumina

Free online 7-week course for young people struggling with self-harm.

www.selfharm.co.uk



Sift (formerly 'Self-Injury Support')

Sift's listening services offer free, compassionate and confidential support over phone, text and email. We are here to help people of all ages, genders and backgrounds in the United Kingdom who may be experiencing emotional distress related to self-harm.

When you reach out to us you will talk with one of our trained volunteers who are experienced in how to help people in your situation. They will listen to you, help you explore your story and feelings, and support you in any decisions you choose to make.

You can also visit our website for access to our self-help resource library.

Tel: 0808 800 8088

Text support: 07537 432 444

Email support: tess@sift.org.uk. (reply within one week)

www.sift.org.uk



Substance misuse and alcohol

Frank

Advice on drugs.

Tel: 0300 123 6600

Txt: 82111

Live chat 2-6pm every day

www.talktofrank.com



Drinkaware

Information and self-help materials

Help to callers worried about their own drinking

Support to the family and friends of people who are drinking

Advice to callers on where to go for help

Drinkchat – 9am-2pm weekdays

Drinkline – 0300 123 1110 9am (8pm weekdays, 11am – 4pm weekends)

drinkaware.co.uk
for the facts about alcohol

With You (formerly Addaction)

Free, confidential support with mental health and/or drug and alcohol concerns.
Regional services, including services for young people.
www.wearewithyou.org.uk



Suicide prevention

The Samaritans

Support for anyone in emotional distress.

Tel: 116 123 (free from landlines & mobiles, no credit needed)
Txt: 07725 909090 (replies can be slow, especially at night)
Email: jo@samaritans.org (replies take up to 48 hours)
Also do a drop in, face to face service.



www.samaritans.org

Suicide Prevention UK

Help for those who are at risk of suicide, concerned for someone else, or bereaved by suicide and in need of someone to talk to.

Suicide prevention Helpline 0800 587 0800

www.spuk.org.uk



Papyrus UK

Prevention of young suicide
24/7 Helpline ('Hopeline247') 0800 068 4141
Text 88247
Live chat is also available.

www.papyrus-uk.org



Campaign Against Living Miserably (CALM)

Helpline 5pm to midnight 0800 58 58 58

Live chat also available as is contact via WhatsApp (QR code to scan on website)

www.thecalmzone.net

