

# SUPPORT CONTACTS

Taking the first step toward support is a sign of strength, not a lack of it. We have compiled this list of external UK resources to ensure you have direct access to confidential help for mental health and recovery. Whether you need a listening ear for anxiety or specialist advice for drug and alcohol support, these independent organisations are here to help you navigate challenging times privately.

<b>Drugs and Alcohol</b>	<b>Self-Harm</b>	<b>Bipolar Disorder</b>
<b>Depression</b>	<b>Suicide</b>	<b>Psychosis</b>
<b>Anxiety</b>	<b>Eating Disorders</b>	<b>Schizophrenia</b>
<b>Post-Traumatic Stress Disorder</b>	<b>Personality Disorders</b>	<b>Mental Health Helplines</b>

## Signposting for Drug and Alcohol Support

Adfam	<a href="http://Adfam.org.uk">Adfam.org.uk</a>	Support and information for family and friends for people with drug or alcohol problems
Alcoholics Anonymous	<a href="http://Alcoholics-anonymous.org.uk">Alcoholics-anonymous.org.uk</a>	National network of local alcoholics to help recover from alcoholism
Drinkaware	<a href="http://Drinkaware.co.uk">Drinkaware.co.uk</a>	Aims to reduce misuse and harm
DrugWise	<a href="http://Drugwise.org.uk">Drugwise.org.uk</a>	Provides drug information, which is topical, evidence-based and non-judgemental
Frank	<a href="http://Talktofrank.com">Talktofrank.com</a>	Offers free confidential drug information and advice 24 hours a day
We Are With You	<a href="http://Wearewithyou.org.uk">Wearewithyou.org.uk</a>	Services for people who are dependent on drugs and alcohol, and their families

## Signposting for Depression

Depression UK	<a href="https://www.depressionuk.org">Depressionuk.org</a>	A self-help organisation made up of individuals and local groups
Mental Health Foundation	<a href="https://www.mentalhealth.org.uk">Mentalhealth.org.uk</a>	Provides information and support for anyone with mental health problems or learning disabilities
Mind	<a href="https://www.mind.org.uk">Mind.org.uk</a>	Promotes the views and needs of people with mental health problems
NHS Choices	<a href="https://www.nhs.uk">Nhs.uk</a>	Provides a wealth of information on treatments for depression available through the NHS
Samaritans	<a href="https://www.samaritans.org">Samaritans.org</a>	A 24-hour telephone helpline for people struggling to cope

## Signposting for Anxiety

Anxiety UL	<a href="https://www.anxietyuk.org.uk">Anxietyuk.org.uk</a>	Advice and support for people living with anxiety
Anxiety Care UK	<a href="https://www.anxietycare.org.uk">Anxietycare.org.uk</a>	Helps people to recover from anxiety disorders
Fearfighter	<a href="https://www.fearfighter.com">Fearfighter.com</a>	A computer-based CBT programme for people who struggle with phobias or feelings of panic or anxiety
NHS Choices	<a href="https://www.nhs.uk">Nhs.uk</a>	Provides a wealth of information on treatments for anxiety available through the NHS
Rethink Mental Illness	<a href="https://www.rethink.org">Rethink.org</a>	Advice and support for a range of mental health conditions
Samaritans	<a href="https://www.samaritans.org">Samaritans.org</a>	A 24-hour telephone helpline for people struggling to cope

## Signposting for Post-Traumatic Stress Disorder

ASSIST trauma care	<a href="http://Assisttraumacare.org.uk">Assisttraumacare.org.uk</a>	Information and specialist help for people with PTSD and anyone supporting them
Combat Stress	<a href="http://Combatstress.org.uk">Combatstress.org.uk</a>	Treatment and support for British Armed Forces Veterans who have mental health problems
Disaster Action	<a href="http://Disasteraction.org.uk">Disasteraction.org.uk</a>	Information and support for people affected by major disasters in the UK and overseas
Rape Crisis	<a href="http://Rapecrisis.org.uk">Rapecrisis.org.uk</a>	Providing a range of services for women and girls who have experienced abuse, domestic violence and sexual assault
NHS Choices	<a href="http://Nhs.uk">Nhs.uk</a>	Provides a wealth of information on treatments for PTSD available through the NHS
Victim Support	<a href="http://Victimsupport.org.uk">Victimsupport.org.uk</a>	Providing support and information to victims or witnesses of crime

## Signposting for Self-Harm

Childline	<a href="http://Childline.org.uk">Childline.org.uk</a>	Online, on the phone, anytime
Harmless	<a href="http://Harmless.org.uk">Harmless.org.uk</a>	Provides a range of services for people who self-harm and their friends and families
Lifesigns	<a href="http://Lifesigns.org.uk">Lifesigns.org.uk</a>	User-led self-harm guidance and support network
Mind	<a href="http://Mind.org.uk">Mind.org.uk</a>	Promotes the views and needs of people with mental health problems, including self-harm
National Self Harm Network	<a href="http://Nshn.co.uk">Nshn.co.uk</a>	Survivor-led, closely monitored forum for people who self-harm and their friends and family
NHS Choices	<a href="http://Nhs.uk">Nhs.uk</a>	Provides a wealth of information on treatments for self-harm available through the NHS
YoungMinds Parents helpline	<a href="http://Youngminds.org.uk">Youngminds.org.uk</a>	Advice and support helpline for anyone worried about a child or young person under 25



## Signposting for Suicide

CALM (Campaign Against Living Miserably)	<a href="http://Thecalmzone.net">Thecalmzone.net</a>	Listening services, information and support for men at risk of suicide
Maytree Suicide Respite Centre	<a href="http://Maytree.org.uk">Maytree.org.uk</a>	Offers free respite stays for people in suicidal crisis
Papyrus HOPELINEUK	<a href="http://Papyrus-uk.org">Papyrus-uk.org</a>	Confidential support for under-35s at risk of suicide and others who are concerned about them
Samaritans	<a href="http://Samaritans.org">Samaritans.org</a>	Offering emotional support for everyone, 24 hours a day
Side by Side	<a href="http://Sidebyside.mind.org.uk">Sidebyside.mind.org.uk</a>	Mind's supportive online community providing confidential help on mental health problems, including suicide

## Signposting for Eating Disorders

Anorexia and Bulimia Care	<a href="http://Anorexiabulimiare.org.uk">Anorexiabulimiare.org.uk</a>	Providing on-going care, emotional support and practical guidance for anyone affected by eating disorders
B-EAT	<a href="http://b-eat.co.uk">b-eat.co.uk</a>	Beat is the UK's leading charity supporting anyone affected by eating disorders
Men Get Eating Disorders Too	<a href="http://Mengetsedtoo.co.uk">Mengetsedtoo.co.uk</a>	Support and advice for men with eating disorders
National Centre for Eating Disorders	<a href="http://Eating-disorders.org.uk">Eating-disorders.org.uk</a>	Everything you need to know about eating disorder treatments, information and professional training
NHS Choices	<a href="http://Nhs.uk/eatingdisorders">Nhs.uk/eatingdisorders</a>	Comprehensive information and guidance relating to eating disorders
Scottish Eating Disorders Interest Group	<a href="http://www.sedig.org">www.sedig.org</a>	Scotland's charity for supporting, connecting and informing anyone who is affected by eating disorders
SEED	<a href="http://Seedeatingdisorders.org.uk">Seedeatingdisorders.org.uk</a>	A group of ordinary people with first-hand experience of eating disorders

## Signposting for Personality Disorder

Mind	<a href="http://Mind.org.uk">Mind.org.uk</a>	Provides a wealth of information and advice relating to personality disorders
National Institute for Health and Care Excellence	<a href="http://Nice.org.uk">Nice.org.uk</a>	Produces guidelines on best practice in health care, including recommended treatments which are available through the NHS
NHS Choices	<a href="http://Nhs.uk">Nhs.uk</a>	Provides information on personality disorders and treatments which are available through the NHS
The National Association for People Abused in Childhood (NAPAC)	<a href="http://Napac.org.uk">Napac.org.uk</a>	A charity supporting adult survivors of any form of childhood abuse. Provides a support line and local support services

## Signposting for Bipolar Disorder

Bipolar UK	<a href="http://Bipolaruk.org">Bipolaruk.org</a>	Support for people with bipolar disorder and their families and friends
National Institute for health and Clinical Excellence (NICE)	<a href="http://Nice.org.uk">Nice.org.uk</a>	National guidelines on treatments for bipolar disorder
NHS Choices	<a href="http://Nhs.uk">Nhs.uk</a>	Provides information on treatments for bipolar disorder available through the NHS
Rethink	<a href="http://Rethink.org.uk">Rethink.org.uk</a>	A charity which provides advice, information and services for a range of mental health conditions
Royal College of Psychiatrists	<a href="http://Rcpsyc.ac.uk">Rcpsyc.ac.uk</a>	The professional medical body responsible for supporting psychiatrists
SANE	<a href="http://Sane.org.uk">Sane.org.uk</a>	A forum which allows people to share their feelings and provide mutual support to anyone with mental health problems

## Signposting for Psychosis

Hearing Voices Network	<a href="http://Hearing-voices.org">Hearing-voices.org</a>	Information and support for people who hear voices and local support groups
National Institute for Health and Care Excellence (NICE)	<a href="http://Nice.org.uk">Nice.org.uk</a>	Guidelines on professional treatments for psychosis
National Paranoia Network	<a href="http://Nationalparanoia-network.org">Nationalparanoia-network.org</a>	Information and support for people who experience paranoid
Royal College of Psychiatrists	<a href="http://Rcpsyc.ac.uk">Rcpsyc.ac.uk</a>	The professional medical body responsible for supporting psychiatrists
Voice Collective	<a href="http://Voicecollective.co.uk">Voicecollective.co.uk</a>	Supports children and young people who experience psychotic symptoms and offer support for their families
Young Minds	<a href="http://Youngminds.co.uk">Youngminds.co.uk</a>	Support for young people affected by mental health, including psychosis

## Signposting for Schizophrenia

Hearing Voices Network	<a href="http://Hearing-voices.org">Hearing-voices.org</a>	Information and support for people who hear voices and local support groups
Living with Schizophrenia	<a href="http://Livingwithschizophreniauk.org">Livingwithschizophreniauk.org</a>	A charity website managed by people with personal experiences of the condition
National Paranoia Network	<a href="http://Nationalparanoia-network.org">Nationalparanoia-network.org</a>	Information and support for people who experience paranoid thoughts
SANE	<a href="http://Sane.org.uk">Sane.org.uk</a>	A forum which allows people to share their feelings and provide mutual support to anyone with mental health problems
Voice Collective	<a href="http://Voicecollective.co.uk">Voicecollective.co.uk</a>	Supports children and young people who experience psychotic symptoms and offer support for their families
Young Minds	<a href="http://Youngminds.org.uk">Youngminds.org.uk</a>	Support for young people affected by mental health, including psychosis



## Mental Health Helplines

Anxiety UK	03444 775 774	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	Charity providing support for people affected by anxiety disorders
Bipolar UK	info@bipolaruk.org	<a href="http://www.bipolaruk.org">www.bipolaruk.org</a>	A charity helping people living with manic depression or bipolar disorder
CALM	0800 58 58 58	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>	CALM is the Campaign Against Living Miserably
Childline	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	Online, on the phone, anytime
Men's Health Forum	0330 097 0654	<a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a>	24/7 stress support for men by text, chat, and email
Mental Health Foundation		<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>	Provides information and support for anyone with mental health problems or learning disabilities
Mind	0300 123 3393	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	Promotes the views and needs of people with mental health problems
No Panic	0844 967 4848	<a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome phobias and OCD
OCD Action	0845 390 6232	<a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>	Support for people with OCD. Includes information on treatment and online resources
OCD UK	0845 120 3778	<a href="http://www.ocduk.org">www.ocduk.org</a>	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments
PAPYRUS	08000 684 141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>	Young suicide prevention society
Rethink Mental Illness	0300 5000 927	<a href="http://www.rethink.org">www.rethink.org</a>	Support and advice for people living with mental illness
Samaritans	116 123	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>	Confidential support for people experiencing feelings of distress or despair
SAMH	0141 530 1000	<a href="http://www.samh.org.uk">www.samh.org.uk</a>	Scottish Action for Mental Health - provides a range of services
SANE	0300 304 7000	<a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>	Emotional support, information and guidance for people affected by mental illness, their families and carers
YoungMinds	0808 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	Information on child and adolescent mental health. Services for parents and professionals

# Mental Health Helplines

## ABUSE (CHILD, SEXUAL, DOMESTIC VIOLENCE)

NSPCC	0808 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	Children's charity dedicated to ending child abuse and child cruelty
Refuge	0808 2000 247	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a>	Advice on dealing with domestic violence

## ADDICTION (DRUGS, ALCOHOL, GAMBLING)

Alcoholics Anonymous	0845 769 7555	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	Support and resources for people dealing with alcohol problems
Gamblers Anonymous		<a href="http://www.gamblersanonymous.org.uk">www.gamblersanonymous.org.uk</a>	Support and resources for people dealing with a gambling problem
Narcotics Anonymous	0300 999 1212	<a href="http://www.ukna.org">www.ukna.org</a>	Support and resources for people dealing with a narcotics problem

## ALZHEIMER'S

Alzheimer's Society	0300 222 1122	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	Provides information on dementia, including factsheets and helplines
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## BEREAVEMENT

Cruse Bereavement	0844 477 9400	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>	Support for families dealing with bereavement
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## CRIME VICTIMS

Rape Crisis	0808 802 9999	<a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a>	Rape Crisis England & Wales is the feminist charity working to end child sexual abuse, rape, sexual assault, sexual harassment and all other forms of sexual violence.
Victim Support	0808 168 9111	<a href="http://www.victimsupport.org">www.victimsupport.org</a>	Help for anyone affected by crime and also their friends, family and any other people involved.

## EATING DISORDERS

Beat	0808 808 0677 (Adult) 0808 801 0711 (U18s)	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>	Information and support for eating disorders
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## LEARNING DISABILITIES

Mencap	0808 808 1111	<a href="http://www.mencap.org.uk">www.mencap.org.uk</a>	Charity working with people with a learning disability, their families and carers
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## PARENTING

Family Lives	0808 800 2222	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	Advice on all aspects of parenting including dealing with bullying
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## RELATIONSHIPS

Relate		<a href="http://www.relate.org.uk">www.relate.org.uk</a>	The UK's largest provider of relationship support
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