



# Mental health helplines

Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

## Anxiety UK

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

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

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

## Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk) (Link: <http://www.bipolaruk.org.uk>)

## CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net) (Link: <http://www.thecalmzone.net/>)

## 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) (Link: <https://www.menshealthforum.org.uk/beatstress.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) (Link: <http://www.mentalhealth.org.uk/>)

## Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk) (Link: <http://www.mind.org.uk>)

## No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk) (Link: <http://www.nopanic.org.uk/>)

## OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk) (Link: <http://www.ocdaction.org.uk/>)

## OCD UK

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

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org) (Link: <http://www.ocduk.org/>)

## PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

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

## Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

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

## Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk) (Link: <http://www.samaritans.org.uk/>)

## SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:  
[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare) (Link: <http://www.sane.org.uk/textcare/>)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum) (Link: <http://www.sane.org.uk/supportforum>)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support) (Link: <http://www.sane.org.uk/support>)

## **YoungMinds**

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

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk) (Link: <http://www.youngminds.org.uk>)

## **Abuse (child, sexual, domestic violence)**

### **NSPCC**

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk) (Link: <http://www.nspcc.org.uk/>)

### **Refuge**

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk) (Link: <http://www.refuge.org.uk/>)

## **Addiction (drugs, alcohol, gambling)**

### **Alcoholics Anonymous**

Phone: 0800 917 7650 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) (Link: <http://www.alcoholics-anonymous.org.uk/>)

### **National Gambling Helpline**

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: [www.begambleaware.org](http://www.begambleaware.org) (Link: <http://www.begambleaware.org/>)

### **Narcotics Anonymous**

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: [www.ukna.org](http://www.ukna.org) (Link: <http://www.ukna.org/>)

## **Alzheimer's**

## **Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk) (Link: <http://www.alzheimers.org.uk/>)

## **Bereavement**

### **Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk) (Link: <http://www.cruse.org.uk/home>)

## **Crime victims**

### **Rape Crisis**

To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) (Link: <http://www.rapecrisis.org.uk/>)

## **Victim Support**

Phone: 0808 168 9111 (24-hour helpline)

Website: [www.victimsupport.org](https://www.victimsupport.org) (Link: <https://www.victimsupport.org.uk/>)

## **Eating disorders**

### **Beat**

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk) (Link: <http://www.b-eat.co.uk/>)

## **Learning disabilities**

### **Mencap**

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: [www.mencap.org.uk](http://www.mencap.org.uk) (Link: <http://www.mencap.org.uk/>)

## **Parenting**

### **Family Lives**

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk) (Link: <http://familylives.org.uk/>)

## Relationships

### Relate

The UK's largest provider of relationship support.

Website: [www.relate.org.uk](http://www.relate.org.uk) (Link: <http://www.relate.org.uk>)

Page last reviewed: 28 September 2018

Next review due: 28 September 2021