



MENTAL HEALTH SUPPORT ORGANISATIONS

While Christmas should be a time of joy, happiness and the coming together of friends and family. For many it is a time of difficulty. If you are struggling during this period of time, here are a few organisations who will be able to help you. Please do not hesitate to reach out for help...

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

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

CHILDLINE

You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.

You can speak to a counsellor by calling 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day

Website: <https://www.childline.org.uk/>

KOOTH

Free, safe and anonymous advice for young people. If you need someone/counsellors to talk to about your well-being. Sign up to make use of online counselling services. There are also links to emergency support options too.

Website: <https://www.kooth.com>

MEN'S MENTAL HEALTH FORUM

Mission: to improve the health of men and boys 24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.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

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

SAMARITANS

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

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

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

YOUNG MINDS

Information on child and adolescent mental health. Services for young people in crisis.

If you need urgent help, text YM to 85258.

Website: www.youngminds.org.uk

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

REFUGE

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

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

VICTIM SUPPORT

Phone: 0808 168 9111 (24-hour helpline)

Website: www.victimsupport.org