# Mental health helplines

### Anxiety UK

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

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

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

### Bipolar UK

A charity helping people living with manic depression or bipolar

isorder.

Website: [www.bipolaruk.org.uk](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/)

### Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](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/)

### 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/)

### 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/)

### 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/)

### 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/)

### 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/)

**NHS- Support for families after someone may have died by suicide**

A useful guide for families where someone in the family may have died by suicide

<https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf>

### 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/)

### 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/)

### 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)

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

Website: [www.sane.org.uk/support](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/)

## 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/)

**Changes Young People**

Changes is a peer support service promoting the recovery of young people in mental distress. The service is a self-referral service which covers children living in Stoke, Newcastle-under-Lyme, Staffordshire Moorlands plus Stafford.

<http://www.changesyp.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/)

### Alcoholics Anonymous

Phone: 0800 917 7650 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](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/)

### Narcotics Anonymous

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

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

### Alzheimer's Society

Provides information on dementia, including factsheets and helplines.

Phone: 0333 150 3456 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

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

### Cruse Bereavement Care

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

Website: [www.cruse.org.uk](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/)

### Victim Support

Phone: 0808 168 9111 (24-hour helpline)

Website: [www.victimsupport.org](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/)

### 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/)

### 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://familylives.org.uk/)

### Relate

The UK's largest provider of relationship support.

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

Others for young people

Stem4

Support for young people and free apps for them to use providing them with a range of ways to help manage anxiety and the urge to self-harm. <https://stem4.org.uk/>

The Mix.

Support for young people regarding self-harm including apps and tools, a one to one chat option, telephone helpline and crisis messenger.

<https://www.themix.org.uk/mental-health/self-harm/self-harm-resources-and-reading-5700.html>

Time to Change

A selection of straightforward, tried and tested resources and free materials to get young people in school talking. The resources include 10 and 15 minute assembly plans, short activites including quizzes and conversation bingo together with resources for parents.

<https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources>

Anna Freud – National Centre for children and families

A range of resources for schools to help them deal with children’s mental health including videos together with information to support staff mental wellbeing.

<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/>

NHS – Student mental health

Support for children around anxiety, low motivation, sleep problems or self-esteem issues. The site includes links to NHS choices Mood Zone and students against depression and advises older children on where they can turn to for support.

<https://www.nhs.uk/conditions/stress-anxiety-depression/student-mental-health/>

Visyon- Empowering young people

An emotional health and wellbeing support service for children aged 5-18 years in **Staffordshire Moorlands.** Vision provides support for children, young people and their families. They offer wellbeing sessions, 1:1mentoring, 1:1 therapeutic support and a space to talk.

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