

## Mind

Promotes the views and needs of people with mental health problems  
Phone: 03001233393 (mon-fri, 9am - 6pm)

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



## 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)



## Bipolar UK

A charity helping people live with manic depression or bipolar

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



## Anxiety UK

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

Phone: 03444775774 (mon-fri, 930am - 5.50pm)

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



## Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

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



## PAPYRUS

Young suicide prevention society.  
Phone: (mon-fri, 10am - 5pm & 7pm - 10pm. Weekends: 2pm - 5pm)

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

## Depression Alliance

Charity for sufferers of depression  
Website: [www.depressionalliance.org](http://www.depressionalliance.org)



## MindOut

MindOut work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern

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



## Rethink Mental Illness

Support and advice for people living with mental illnesses.

Phone: 03005000927 (mon-fri. 9.30am - 4pm)

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

## Helplines

Whether you are concerned about yourself, a friend or a loved one these helplines can offer expert advice.



## No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobias/OCD  
Phone: 08449674848 (daily, 10am - 10pm)

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



## SANE

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

Phone: 03003047000 (daily, 4.30pm-10.30pm)

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



## Safeline

Specialised charity working to support and prevent sexual abuse and those affected in their recovery

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

### BEAT

Provides helplines for adults and young people, offering support and information about eating disorders  
Website:

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
Adult Helpline: 0808 801 0677  
Studentline: 0808 801 0811  
Youthline: 0808 801 0711



### OCD Action

Support for people with Obsessive Compulsive Disorder (OCD).  
Phone: 08453906232 (mon-fri, 9.30am - 5pm)  
Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)



### Cruse

Provides support, advice and information to children, young people and adults when someone dies  
Website [www.cruse.org.uk](http://www.cruse.org.uk)



### Homeless Link

They support, develop, inspire and sustain a movement of organisations working together to achieve positive futures for people who are homeless or vulnerably housed  
Website: [www.homeless.org.uk](http://www.homeless.org.uk)



### CALM

CALM is the Campaign Against Living Miserably, for men aged 15-35  
Website: [www.thecalmzone.net](http://www.thecalmzone.net)



## Helplines

Whether you are concerned about yourself, a friend or a loved one these helplines can offer expert advice.



### Young Minds

Information on child and adolescent mental health service, helping and supporting young people with eating disorders, abuse, bullying, bereavement and self-harm.  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)



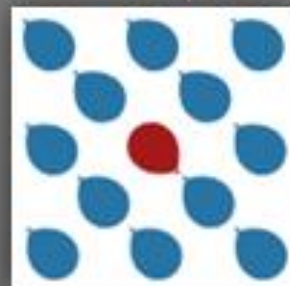
### Scope

Provides free, independent and impartial advice and support on issues that matter to disabled people and their families  
Website: [www.scope.org.uk](http://www.scope.org.uk)  
Phone: 08088003333



### Intercom Trust

Intercom trust is a lesbian, gay, bisexual and trans+ charity providing support, information and consultancy.  
Phone: 0800 612 3010  
Website: [www.intercomtrust.org.uk](http://www.intercomtrust.org.uk)



### Balloons

Balloons helps support bereaved children and young people when someone significant in their lives dies.  
Website: [www.balloonscharity.co.uk](http://www.balloonscharity.co.uk)



### OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.  
Phone: 08451203778 (mon-fri, 9am - 5pm)  
Website: [www.ocduk.org](http://www.ocduk.org)



### EDA

To provide support, information and understanding to people with eating disorders as well as their family and friends.  
Website: [www.eatingdisordersni.co.uk](http://www.eatingdisordersni.co.uk)