

National Resources

Free, confidential support is available - you don't have to face this alone.

Crisis support:



In an
emergency
call 999



For urgent mental
health support call
111, option 2



Information &
tools to keep
you safe in crisis



Call 116 123 for
free, 24/7



Text 85258 for
free, 24/7

Mental health:

Mind

mind.org.uk
Infoline 0300 102
1234
Support line 0300
102 1234
info@mind.org.uk

Rethink Mental Illness

rethink.org
0808 801 0525
info@rethink.org

SANE

sane.org.uk
0300 304 7000
support@sane.org.uk

Mental Health Foundation

mentalhealth.org.uk

7 Cups

7cups.com

NHS

nhs.uk/mentalhealth

Hub of Hope

hubofhope.co.uk

Young people:

Young Minds

youngminds.org.uk
0808 802 5544

Kooth

kooth.com

The Mix

themix.org.uk

Childline

childline.org.uk
0800 1111

Men:

Men's Sheds

menssheds.org.uk
admin@ukmsa.org.uk

Movember

uk.movember.com

CALM

thecalmzone.net
0800 58 58 58

Andys Man Club

andysmanclub.co.uk

Self-harm:

Alumina

selfharm.co.uk
helloalumina@youths
cape.co.uk

Harmless

harmless.org.uk
0115 880 0208
info@harmless.org.uk

Battle Scars

battle-scars-self-
harm.org.uk
info@battle-scars.org.uk

Calm Harm

calmharm.stem4.org.uk

Anxiety:

Anxiety UK

anxietyuk.org.uk
03444 775 774

No Panic

nopanic.org.uk
0300 772 9844
info@nopanic.org.uk

After a suicide:

Support After Suicide

supportaftersuicide.org.uk

Suicide&Co

suicideandco.org
info@suicideandco.org

SOBS

uksobs.com
0300 111 5065
email.support@sobsuk.org

First Hand

first-hand.org.uk

Race:

Black Minds Matter UK

blackmindsmatteruk.com

BAATN

baatn.org.uk

Race Equality Foundation

raceequalityfoundation.
org.uk
info@racefound.org.uk

LGBTQ+:

LGBT Foundation

lgbt.foundation
0345 330 3030

Stonewall

stonewall.org.uk

Switchboard

switchboard.lgbt
0800 0119 100
hello@switchboard.lgbt

Mermaids

mermaidsorg.uk
0808 801 0400

Galop

galop.org.uk
0800 999 5428
help@galop.org.uk

Bereavement:

Cruse

cruse.org.uk
0808 808 1677

The Good Grief Trust

thegoodgrieftrust.org
hello@thegoodgrieftrust.org

At a Loss

ataloss.org
office@ataloss.org

Tommy's

tommys.org
0800 0147 800
midwife@tommys.org

Child Bereavement UK

childbereavementuk.org
0800 02 888 40
ask@childbereavementuk.org

Gambling:

Gamcare

gamcare.org.uk
0800 8020 133
help@gamcare.org.uk

Gamblers Anonymous

gamblersanonymous.org.uk
0330 094 0322
info@gamblersanonymous.org.uk

Gamble Aware

gambleaware.org
0808 8020 133

Eating Disorders:

Beat

beateatingdisorders.org.uk
0808 801 0677
help@beateatingdisorders.org.uk

First Steps ED

firststepsed.co.uk
0300 102 1685
info@firststepsed.co.uk

Overeaters Anonymous

foagb.org.uk

Parents / Families:

Gingerbread

gingerbread.org.uk
info@gingerbread.org.uk

Both Parents Matter

bothparentsmatter.org.uk
0300 0300 363

Care for the Family

careforthefamily.org.uk
029 2081 0800

Carers UK

carersuk.org
0808 808 7777
advice@carersuk.org

Abuse:

Refuge

nationaldahelpline.org.uk
0808 2000 247

Safeline

safeline.org.uk
01926 402 498

Women's Aid

womensaid.org.uk

Men's Advice Line

mensadviceline.org.uk
0808 801 0327

NAPAC

napac.org.uk
0808 801 0331
info@napac.org.uk

Older people:

Silverline

thesilverline.org.uk
0800 470 8090

Age UK

ageuk.org.uk
0800 055 6112

Debt:

National Debtline

nationaldebtline.org
0808 808 4000

Step Change

stepchange.org
0800 138 1111

Citizens Advice

citizensadvice.org.uk
0800 144 8848

Substances:

FRANK

talktofrank.com
0300 1236 600
frank@talktofrank.com

Change Grow Live

changegrowlive.org

Alcoholics Anonymous

alcoholics-anonymous.org.uk
0300 999 1212
help@aamail.org

Narcotics Anonymous

ukna.org
0800 917 7650
helpline@ukna.org

With You

wearewithyou.org.uk

Adfam

adfam.org.uk
adfam@adfam.org.uk

Veterans:

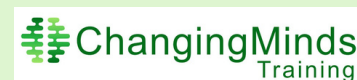
Combat Stress

combatstress.org.uk
0800 138 1619
helpline@combatstress.org.uk

Help for Heroes

helpforheroes.org.uk
0300 303 9888
getsupport@helpforheroes.org.uk

This list was created by:



If you have updates or suggestions, please email enquiries@changingmindstraining.com