

HOW AND WHERE TO ACCESS MENTAL & EMOTIONAL HEALTH SUPPORT

Nov 2019

If you, or someone you know is in mental health crisis and needs medical help quickly:

- Ring **999** to contact emergency services
- Go to your nearest **Accident and Emergency Department**

If it is not a medical emergency, but you still need urgent help:

- Ring **111** for professional help advice 24/7 and 365 days a year and guidance on where to access appropriate health services
- Make an appointment with a **GP**.

Crisis and Emotional Support Help

Name	Helpline/Contact Number	Availability	Website
CALM (Men)	0800 58 58 58	Every day: 5.00pm to Midnight	www.thecalmzone.net
Samaritans	116 123	24/7	www.samaritans.org
SANE	0300 304 7000	Every day: 4.30pm to 10.30pm	www.sane.org.uk/support
Shout	Text "shout" to 85258	24/7	www.giveusashout.org/

General Mental Health

Name	Helpline/Contact Number	Availability	Website
Mind	0300 123 3393	Mon-Fri: 9am to 6pm	www.mind.org.uk
Rethink Mental Illness	0300 5000 927	Mon-Fri: 9.30am to 4pm	www.rethink.org
Mental Health Foundation	-	-	www.mentalhealth.org.uk
NHS - Every Mind Matters	-	-	www.nhs.uk/oneyou/every-mind-matters/
NHS Choices	-	-	www.nhs.uk/livewell/mentalhealth
Good Thinking	-	-	www.good-thinking.uk

Other Support

Area	Name	Helpline/Contact Number	Website
Abuse	National Association for People Abused in Childhood	0808 801 0331	www.napac.org.uk
Alcohol	Alcoholics Anonymous	0800 9177 650	www.alcoholics-anonymous.org.uk
Anxiety	Anxiety UK	08444 775 774	www.anxietyuk.org.uk
Anxiety	No Panic	845 967 4848	www.nopanic.org.uk
Autism	National Autistic Society	0808 800 4104	www.autism.org.uk
Bereavement	Bereavement Trust	0800 435 455	www.bereavement-trust.org.uk
Bereavement	Cruse Bereavement Care	0844 477 9400	www.cruse.org.uk
Bipolar Disorder	Bipolar UK	0333 323 3880	www.bipolaruk.org
Counselling Services	Counselling Directory	-	www.counselling-directory.org.uk
Debt	Stepchange Debt Charity	0800 138 1111	www.stepchange.org
Depression	Depression UK	-	www.depressionuk.org
Domestic Violence	National Domestic Violence	0808 2000 247	www.nationaldomesticviolencehelpline.org.uk
Domestic Violence	Refuge	0808 2000 247	www.refuge.org.uk
Domestic Violence	Women's Aid	-	www.womensaid.org.uk
Drug Addiction	Narcotics Anonymous	0300 999 1212	www.ukna.org
Eating Disorder	BEAT	0808 80 10 677	www.b-eat.co.uk
Gambling	Gamblers Anonymous	-	www.gamblersanonymous.org.uk
LGBT+	Stonewall	08000 50 20 20	www.stonewall.org.uk
LGBT+	Switchboard	0300 330 0630	www.switchboard.lgbt
Men	Men's Health Forum	020 7922 7908	www.menshealthforum.org.uk
Obsessive Compulsive Disorder	OCD Action	0845 390 6232	www.ocdaction.org.uk
Obsessive Compulsive Disorder	OCD UK	0845 120 3778	www.ocduk.org
Older People	The Silver Line (for over 55s)	0800 4 70 80 90	www.thesilverline.org.uk
Post-Traumatic Stress Disorder	ASSIST Trauma Care	01788 560 800	www.assisttraumacare.org.uk
Post-Traumatic Stress Disorder	PTSD UK	-	www.ptsduk.org
Psychosis	Hearing Voices Network	0114 271 8210	www.hearing-voices.org
Rape	Rape Crisis	0808 802 9999	www.rapecrisis.org.uk
Relationships	Relate	-	www.relate.org.uk
Schizophrenia	Living with Schizophrenia	-	www.livingwithschizophreniauk.org
Sex Addiction	Sex Addicts Anonymous UK	07599 917686	www.saauk.info/en/
Women	Maternal Mental Health Alliance	-	www.maternalmentalhealthalliance.org

