

Alcoholics Anonymous www.alcoholics-anonymous.org.uk

Phone: 0845 769 7555 (24-hour helpline)

Gamblers Anonymous www.gamblersanonymous.org.uk

Narcotics Anonymous www.ukna.org

Phone: 0300 999 1212 (daily until midnight)

Alzheimer's Society www.alzheimers.org.uk

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122 (Mon-Fri, 9am-5pm. Weekends, 10am-4pm)

Cruse Bereavement Care www.crusebereavementcare.org.uk

Phone: 0844 477 9400 (Mon-Fri, 9am-5pm)

Rape Crisis www.rapecrisis.org.uk

To find your local services phone: 0808 802 9999 (daily, 12-2.30pm, 7-9.30pm)

Victim Support www.victimsupport.org

Phone: 0808 168 9111 (Mon-Fri, 8pm-8am. Weekends, Sat 5pm-Mon 8am)

Beat www.b-eat.co.uk

Advice on all aspects of eating disorders.

Phone: 0845 634 1414 (adults) or 0345 634 7650 (for under-25s)

Family Lives www.familylives.org.uk

Advice on all aspects of parenting including dealing with bullying.

Phone: 0808 800 2222 (Mon-Fri, 9am-9pm. Sat-Sun, 10am-3pm)



Telling stories
Touching lives

*If you're concerned about yourself or a loved one,
these helplines can offer expert advice.*

Anxiety UK www.anxietyuk.org.uk

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

Phone: 08444 775 774 (Mon-Fri, 9.30am-5.30pm)

Bipolar UK www.bipolaruk.org.uk

A charity helping people living with manic depression or bipolar disorder.

CALM www.thecalmzone.net

CALM is the Campaign Against Living Miserably, for men aged 15-35.

Depression Alliance www.depressionalliance.org

Charity for sufferers of depression. Has a network of self-help groups.

Mind www.mind.org.uk

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

OCD Action www.ocdaction.org.uk

Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources.

Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm)

PAPYRUS www.papyrus-uk.org

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm. Weekends 2-5pm)

No Panic www.nopanic.org.uk

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 967 4848 (daily, 10am-10pm)

Rethink Mental Illness www.rethink.org

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri, 10am-2pm)

Samaritans www.samaritans.org.uk

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Sane www.sane.org.uk

Charity offering support and carrying out research into mental illness.

Phone: 0845 767 8000 (daily, 6-11pm)

Refuge www.refuge.org.uk

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Relate www.relate.org.uk

Advice on all aspects of relationships.

Phone: 0300 100 1234 (for information on their services)