

**Alcoholics Anonymous** [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Phone: 0845 769 7555 (24-hour helpline)

**Gamblers Anonymous** [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**Narcotics Anonymous** [www.ukna.org](http://www.ukna.org)

Phone: 0300 999 1212 (daily until midnight)

**Refuge** [www.refuge.org.uk](http://www.refuge.org.uk)

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

**Cruse Bereavement Care** [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

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

**Rape Crisis** [www.rapecrisis.org.uk](http://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](http://www.victimsupport.org)

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

**Beat** [www.b-eat.co.uk](http://www.b-eat.co.uk)

For support about eating disorders

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

**Family Lives** [www.familylives.org.uk](http://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)

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

Advice on all aspects of relationships.

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

### **Volunteering**

For volunteering opportunities across the country <https://do-it.org/>

To find your local volunteer centre and find out what is going on in your local area

<https://www.ncvo.org.uk/ncvo-volunteering/find-a-volunteer-centre>

Updated 5/2018 from NHS Choices Moodzone with additional information



**Telling stories**  
Touching lives

**Helplines**

If you're concerned about yourself or someone you know,  
these helplines can offer expert advice.

## Health

To find local Health Services, please contact your GP or call the NHS on 111. **If you feel you or someone you know needs urgent help please call 111.**

### **Anxiety UK** [www.anxietyuk.org.uk](http://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](http://www.bipolaruk.org.uk)

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

### **CALM** [www.thecalmzone.net](http://www.thecalmzone.net)

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

### **Counselling Directory** [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

A directory of qualified counsellors and advice about many things that effect mental health.

### **Depression Alliance** [www.depressionalliance.org](http://www.depressionalliance.org)

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

### **Men's Health Forum** [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

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

### **Mental Health Foundation** [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Provides information and support for anyone with mental health problems or learning disabilities.

### **Mind** [www.mind.org.uk](http://www.mind.org.uk)

Promotes the views and needs of people with mental health problems.  
Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

### **No Panic** [www.nopanic.org.uk](http://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)

### **Alzheimer's Society** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Provides information on dementia, including factsheets and helplines.  
Phone: 0300 222 1122 (Mon-Fri, 9am-5pm. Weekends, 10am-4pm)

### **OCD Action** [www.ocdaction.org.uk](http://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)

### **OCD UK** [www.ocduk.org](http://www.ocduk.org)

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.  
Phone: 0845 120 3778 (Mon-Fri, 9am-5pm)

### **PAPYRUS** [www.papyrus-uk.org](http://www.papyrus-uk.org)

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

### **Rethink Mental Illness** [www.rethink.org](http://www.rethink.org)

Support and advice for people living with mental illness.  
Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

### **Samaritans** [www.samaritans.org.uk](http://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](http://www.sane.org.uk)

Emotional support, information and guidance for people affected by mental illness, their families and carers.  
SANEline: 0300 304 7000 (daily, 4.30-10.30pm)

### **YoungMinds** [www.youngminds.org.uk](http://www.youngminds.org.uk)

Information on child and adolescent mental health. Services for parents and professionals.  
Phone: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)