

MENTAL HEALTH HELPLINES & CONTACT

<u>Anxiety UK</u>	Charity providing support if you have been diagnosed with an anxiety condition.	Telephone: 03444 775 774	Website: www.anxietyuk.org.uk
<u>Bipolar UK</u>	A charity helping people living with manic depression or bipolar disorder.		Website: www.bipolaruk.org.uk
<u>CALM</u>	CALM is the Campaign Against Living Miserably, for men aged 15 to 35.	Telephone: 0800 58 58 58	Website: www.thecalmzone.net
<u>Men's Health Forum</u>	24/7 stress support for men by text, chat and email.		Website: www.menshealthforum.org.uk
<u>Mental Health Foundation</u>	Provides information and support for anyone with mental health problems or learning disabilities.		Website: www.mentalhealth.org.uk
<u>Mind</u>	Promotes the views and needs of people with mental health problems.	Telephone: 0300 123 3393	Website: www.mind.org.uk
<u>OCD Action</u>	Support for people with OCD. Includes information on treatment and online resources.	Telephone: 0845 390 6232	Website: www.ocdaction.org.uk
<u>PAPYRUS</u>	Young suicide prevention society.	Telephone: 0800 068 4141	Website: www.papyrus-uk.org
<u>Rethink Mental Illness</u>	Support and advice for people living with mental illness.	Telephone: 0300 5000 927	Website: www.rethink.org
<u>Samaritans</u>	Confidential support for people experiencing feelings of distress or despair.	Telephone: 116 123	Website: www.samaritans.org/
<u>SANE</u>	Emotional support, information and guidance for people affected by mental illness.		Website: www.sane.org.uk/support
<u>YoungMinds</u>	Information on child and adolescent mental health. Services for parents and professionals.	Telephone: 0808 802 5544	Website: www.youngminds.org.uk/
<u>NSPCC</u>	Children's charity dedicated to ending child abuse and child cruelty.	Telephone: 0808 800 5000	Website: www.nspcc.org.uk
<u>Refuge</u>	Advice on dealing with domestic violence.	Telephone: 0808 2000 247	Website: www.refuge.org.uk
<u>Alcoholics Anonymous</u>	A free self-help group. Its "12 step" programme involves getting sober	Telephone: 0800 917 7650	Website: www.alcoholics-anonymous.org.uk
<u>Drinkline</u>	A free confidential helpline for people worried about their own or someone else's drinking.	Telephone: 0300 123 1110	
<u>Alzheimer's Society</u>	Provides information on dementia, including factsheets and helplines	Telephone: 0300 222 1122	Website: www.alzheimers.org.uk
<u>Cruse Bereavement Care</u>		Telephone: 0808 808 1677	Website: www.cruse.org.uk/home
<u>Rape Crisis</u>		To find your local services phone: 0808 802 9999	Website: www.rapecrisis.org.uk