

# Whatever you're going through, YOU ARE NOT ALONE.

UK  
RESOURCES

**SAMARITANS**

[samaritans.org](https://www.samaritans.org)  
24/7 listening support  
116 123

**shout**  
85258

[giveusashout.org](https://www.giveusashout.org)  
text **SHOUT** to 85258  
when talking feels hard



[stayalive.app](https://www.stayalive.app)  
an incredible free app  
worth downloading



[thecalmzone.net](https://www.thecalmzone.net)  
0800 58 58 58  
(5pm - midnight)



call 111 option 2  
for 24/7 crisis mental  
health support

## ABUSE

[napac.org.uk](https://www.napac.org.uk)  
supporting recovery from childhood  
abuse: 0808 801 0331

[safeline.org.uk](https://www.safeline.org.uk)  
preventing and surviving sexual abuse:  
01926 402 498

## ALCOHOL / DRUGS

[alcoholics-anonymous.org.uk](https://www.alcoholics-anonymous.org.uk)  
0800 917 7650

[talktofrank.com](https://www.talktofrank.com)  
0300 123 6600

[ukna.org](https://www.ukna.org)  
Narcotics Anonymous 0300 999 1212

## ANXIETY

[anxietyuk.org.uk](https://www.anxietyuk.org.uk)  
03444 775 774

[nopanic.org.uk](https://www.nopanic.org.uk)  
0300 772 9844 (10am-10pm)

## BEREAVEMENT

[cruse.org.uk](https://www.cruse.org.uk) 0808 808 1677

[thegoodgrieftrust.org](https://www.thegoodgrieftrust.org)

[tcf.org.uk](https://www.tcf.org.uk) The Compassionate Friends

## SUPPORT AFTER A SUICIDE

[suicideandco.org](https://www.suicideandco.org) free counselling  
0800 054 8400 (Mon-Fri 9am-9pm)

[uk-sobs.org.uk](https://www.uk-sobs.org.uk)  
groups around the UK / 0300 111 5065

[facingthefuturegroups.org](https://www.facingthefuturegroups.org)  
online support groups

[supportaftersuicide.org.uk](https://www.supportaftersuicide.org.uk)  
links to excellent resources including:  
• Help is at Hand (NHS booklet)  
• Finding the Words  
• First Hand (for witnesses to a suicide)

[speaktheirname.org](https://www.speaktheirname.org)  
UK memorial site

## SUPPORT FOR CHILDREN

[hopeagain.org.uk](https://www.hopeagain.org.uk)  
0808 808 1677 (Mon-Fri 9.30am-5pm)

[griefencounter.org.uk](https://www.griefencounter.org.uk)  
0808 802 0111 (Mon-Fri 9am-9pm)

[winstonswish.org](https://www.winstonswish.org)

## CHILDREN / YOUNG PEOPLE

[ditchthelabel.org](https://www.ditchthelabel.org)  
global youth charity inc. support forum

[youngminds.org.uk](https://www.youngminds.org.uk)  
UK's leading mental health charity

[childline.org.uk](https://www.childline.org.uk)  
for under 19s 0800 1111 (24/7)

[themix.org.uk](https://www.themix.org.uk)  
for under 25s 0808 808 4994

## CONSTRUCTION

[bandoffbuilders.org](https://www.bandoffbuilders.org)  
practical, financial + wellbeing support

[lighthousecharity.org](https://www.lighthousecharity.org)  
supporting since 1956

## DOMESTIC VIOLENCE

[refuge.org.uk](https://www.refuge.org.uk) 0808 2000 247

[mankind.org.uk](https://www.mankind.org.uk) 0808 800 1170

## FINANCES / DEBT

[nationaldebtline.org](https://www.nationaldebtline.org)  
0808 808 4000 (Mon-Fri 9am-8pm)

[moneyhelper.org.uk](https://www.moneyhelper.org.uk)

## GAMBLING

[breakeven.org.uk](https://www.breakeven.org.uk)

[gamblersanonymous.org.uk](https://www.gamblersanonymous.org.uk)

[gamcare.org.uk](https://www.gamcare.org.uk) 0808 8020 133

## LGBTQ+

[lgbt.foundation](https://www.lgbt.foundation) 0345 3 303030

[switchboard.lgbt](https://www.switchboard.lgbt) 0300 330 0630

[akt.org.uk](https://www.akt.org.uk)  
For 16-25s facing homelessness

[youareloved.org.uk](https://www.youareloved.org.uk)  
community and peer support

## MEN

[icebreakers.uk](https://www.icebreakers.uk)  
Bath, Bristol, Brighton and London

[jamesplace.org.uk](https://www.jamesplace.org.uk)  
Liverpool, London, Newcastle

[menssheds.org.uk](https://www.menssheds.org.uk)  
coming together to repair and repurpose

[talkclub.org](https://www.talkclub.org)  
support groups for men

## MENTAL HEALTH

[hubofhope.co.uk](https://www.hubofhope.co.uk)  
UK directory of mental health support

[mind.org.uk](https://www.mind.org.uk)

[rethink.org](https://www.rethink.org)

[doctors-in-distress.org.uk](https://www.doctors-in-distress.org.uk)

## OLDER PEOPLE

[thesilverline.org.uk](https://www.thesilverline.org.uk) 0800 4 70 80 90

[ageuk.org.uk](https://www.ageuk.org.uk) 0800 055 6112

## PARENTS

[coramfamilylives.org.uk](https://www.coramfamilylives.org.uk)  
0808 800 2222

[youngminds.org.uk/parent](https://www.youngminds.org.uk/parent)  
0808 802 5544

## RELATIONSHIPS

[relate.org.uk](https://www.relate.org.uk)

## SELF-HARM

[nshn.co.uk](https://www.nshn.co.uk) National Self-Harm Network

[harmless.org.uk](https://www.harmless.org.uk)

[sift.org.uk](https://www.sift.org.uk)

## VETERANS

[combatstress.org.uk](https://www.combatstress.org.uk)  
0800 138 1619 / text 07537 173 683

[veteransgateway.org.uk](https://www.veteransgateway.org.uk)  
0808 802 1212

This resource was created by

**start the  
conversation.uk**

If you have updates or suggestions,  
please email [hello@starttheconversation.uk](mailto:hello@starttheconversation.uk)

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