

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

NATIONAL
RESOURCES



samaritans.org
Crisis support
116 123 (24/7)
jo@samaritans.org



papyrus-uk.org
For under-35s in crisis
/ to debrief an intervention
0800 068 4141



giveusashout.org
for when talking feels
too hard - text "SHOUT"
to **85258**



Hub of Hope
stayalive.app
hubofhope.co.uk
Two apps definitely
worth downloading



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

ABUSE

napac.org.uk
For people abused in childhood

ALCOHOL / DRUGS

alcoholics-anonymous.org.uk
0845 769 7555 (24/7)

talktofrank.com
0300 123 6600 (24/7)

ukna.org
Narcotics Anonymous 0300 999 1212

wearewithyou.org.uk
drink/drug info & service finder

ANXIETY

anxietyuk.org.uk
03444 775 774 (Mon-Fri 9.30am-5.30pm)

nopanic.org.uk
0300 772 9844 (10am-10pm)

BEREAVEMENT

ataloss.org
tcf.org.uk The Compassionate Friends

cruse.org.uk 0808 808 1677

thegoodgrieftrust.org

SUPPORT FOR CHILDREN

hopeagain.org.uk
0808 808 1677 (Mon-Fri 9.30am-5pm)

griefcounter.org.uk
0808 802 0111 (Mon-Fri 9am-9pm)

winstonswish.org
childbereavementuk.org
online and phone support

AFTER A SUICIDE

suicideandco.org free counselling
0800 054 8400 (Mon-Fri 9am-9pm)

uk-sobs.org.uk
groups around the UK / 0300 111 5065

facingthefuturegroups.org
online support groups

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
UK memorial site

CHILDREN / YOUNG PEOPLE

ditchthelabel.org
global youth charity inc. support forum

youngminds.org.uk
UK's leading mental health charity

childline.org.uk
for under 19s 0800 1111 (24/7)

themix.org.uk
for under 25s 0808 808 4994

familylives.org.uk
0808 800 2222 (9am-9pm / 10am-3pm)

DOMESTIC VIOLENCE

refuge.org.uk
0808 2000 247 (24/7)

mankind.org.uk
helping men escape domestic abuse

FINANCES / DEBT

nationaldebtline.org
0808 808 4000 (Mon-Fri 9am-8pm)

moneyhelper.org.uk

GAMBLING

gamblersanonymous.org.uk
gamcare.org.uk 0808 8020 133 (24/7)

LGBTQ+

lgbt.foundation 0345 3 303030
switchboard.lgbt 0300 330 0630

MEN

andysmanclub.co.uk
men's support groups all over the UK

icebreakers.uk
cold water community for men in Bath,
Bristol, Brighton and London

jamesplace.org.uk
centres in Liverpool, London, Newcastle

menssheds.org.uk
coming together to repair and repurpose

talkclub.org
support groups for men

MENTAL HEALTH

sane.org.uk
0300 304 7000 (4.30pm-10.30pm)

mind.org.uk
0300 123 3393 (9am-6pm)
text 86463 email info@mind.org.uk

rethink.org
0300 5000 927 (9.30am-4pm)

doctors-in-distress.org.uk
protects and promotes the mental health
of healthcare workers

OLDER PEOPLE

thesilverline.org.uk
for people over 55
0800 4 70 80 90 (24/7)

ageuk.org.uk
0800 055 6112 (8am-7pm)

wearehourglass.org
0808 808 8141

PARENTS

youngminds.org.uk/parent
0808 802 5544

RELATIONSHIPS

relate.org.uk
thespark.org.uk
0808 802 2088 (Tue-Thu 11am-2pm)

SELF-HARM

nshn.co.uk National Self-Harm Network

harmless.org.uk
selfinjurysupport.org.uk
0808 800 8088 (Tue-Thu 7-9.30pm)

lifesigns.org.uk

VETERANS

combatstress.org.uk
0800 138 1619 (24/7)

veteransgateway.org.uk
0808 802 1212

