

# 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 <35 or >35  
who are concerned  
0800 068 4141



**giveusashout.org**  
Text support service



**stayalive.app**  
Free app by Grassroots  
Suicide Prevention

Hub of Hope

**hubofhope.co.uk**  
National directory of  
mental health support

## ALCOHOL / DRUGS

**alcoholics-anonymous.org.uk**

0845 769 7555 (24/7)

**talktofrank.com**

0300 123 6600 (24/7)

**ukna.org**

Narcotics Anonymous inc. local meetings  
0300 999 1212 (10am-midnight)

**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)  
0330 606 1174 (youth line)

## BEREAVEMENT

**ataloss.org**

**bereavementcare.uk**

**cruse.org.uk** 0808 808 1677

**thebereavementjourney.org**

**thegoodgrieftrust.org**

## SUPPORT FOR CHILDREN

**hopeagain.org.uk**

0808 808 1677 (Mon-Fri 9.30am-5pm)

**griefencounter.org.uk**

0808 802 0111 (Mon-Fri 9am-9pm)

**winstonswish.org**

Search for Anna Wardley's report:

[Time to Count: Supporting Children After a Parent Dies by Suicide](#)

**childbereavementuk.org**

online and phone support

## AFTER A SUICIDE

**suicideandco.org**

free counselling for adults after a suicide  
0800 054 8400 (Mon-Fri 9am-9pm)

**uk-sobs.org.uk**

Survivors of Bereavement by Suicide –  
groups around the UK / 0300 111 5065

**facingthefuturegroups.org**

online support groups

**supportaftersuicide.org.uk**

links to resources including:

- Help is at Hand (NHS booklet)
- Finding the Words
- First Hand (for witnesses to a suicide)

## 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

**studentminds.org.uk**

**familylives.org.uk**

0808 800 2222 (9am-9pm / 10am-3pm)

## DOMESTIC VIOLENCE

**refuge.org.uk**

0808 2000 247 (24/7)

**safeline.org.uk**

National Male Survivors helpline  
0808 800 5005 (9am-8pm / 10am-2pm)

## FINANCES / DEBT

**nationaldebtline.org**

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

**moneyhelper.org.uk**

## GAMBLING

**gamblersanonymous.org.uk**

**gamcare.org.uk**

gambling support starts here  
0808 8020 133 (24/7)

## LGBTQ+

**lgbt.foundation**

0345 330 3030 (Mon-Fri 9am-9pm)

**switchboard.lgbt**

0300 330 0630 (10am-10pm)

## MEN

**thecalzone.net**

0800 58 58 58 (5pm-midnight)

**mantherapy.org**

videos and other resources

**@the\_braveproject**

Suicide prevention for BAME (Black,  
Asian, Minority Ethnic) boys & young 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 and prevents  
suicides in the medical profession

## 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**

ending the harm, abuse and exploitation  
of older people in the UK - 0808 808 8141

## PARENTS

**youngminds.org.uk/parent**

0808 802 5544

## RELATIONSHIPS

**relate.org.uk**

Counselling

**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

Find the online version at:

**start the  
conversation.uk**