

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



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



papyrus-uk.org
For under-35s in crisis
/ to debrief an intervention
0300 102 2470



giveushout.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
supporting recovery from childhood
abuse: 0808 801 0331

safeline.org.uk
preventing and surviving sexual abuse:
01926 402 498

ALCOHOL / DRUGS

alcoholics-anonymous.org.uk
0800 917 7650

talktofrank.com
0300 123 6600

ukna.org
Narcotics Anonymous 0300 999 1212

ANXIETY

anxietyuk.org.uk
03444 775 774

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

BEREAVEMENT

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

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

CONSTRUCTION

bandofbuilders.org
practical, financial + wellbeing support

lighthousecharity.org
supporting since 1956

DOMESTIC VIOLENCE

refuge.org.uk 0808 2000 247

mankind.org.uk 0808 800 1170

FINANCES / DEBT

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

moneyhelper.org.uk

GAMBLING

breakeven.org.uk

gamblersanonymous.org.uk

gamcare.org.uk 0808 8020 133

LGBTQ+

lgbt.foundation 0345 3 303030

switchboard.lgbt 0300 330 0630

akt.org.uk
For 16-25s facing homelessness

youareloved.org.uk
community and peer support

MEN

icebreakers.uk
Bath, Bristol, Brighton and London

jamesplace.org.uk
Liverpool, London, Newcastle

menssheds.org.uk
coming together to repair and repurpose

talkclub.org
support groups for men

MENTAL HEALTH

mind.org.uk

rethink.org

doctors-in-distress.org.uk

OLDER PEOPLE

thesilverline.org.uk 0800 4 70 80 90

ageuk.org.uk 0800 055 6112

PARENTS

coramfamilylives.org.uk
0808 800 2222

youngminds.org.uk/parent
0808 802 5544

RELATIONSHIPS

relate.org.uk

SELF-HARM

nshn.co.uk National Self-Harm Network

harmless.org.uk

sift.org.uk

VETERANS

combatstress.org.uk

0800 138 1619 / text 07537 173 683

veteransgateway.org.uk
0808 802 1212

This list was created by:

**start the
conversation.uk**
SUICIDE PREVENTION + TOOLS FOR THE TOUGH STUFF

If you have updates or suggestions,
please email hello@starttheconversation.uk



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