

# 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  
for when talking feels  
too hard



**stayalive.app**  
**hubofhope.co.uk**  
Two apps definitely  
worth downloading



**Call 111 option 2**  
For 24/7 crisis 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**  
**tcf.org.uk** The Compassionate Friends  
**bereavementcare.uk**  
**cruse.org.uk** 0808 808 1677  
**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**  
**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 excellent resources including:

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

## speaktheirname.org

the UK memorial site for loved ones lost  
to 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 3 303030  
**switchboard.lgbt** 0300 330 0630

## MEN

**andysmanclub.co.uk**  
men's support groups all over the UK  
**menssheds.org.uk**  
coming together to repair and repurpose  
**mantherapy.org**  
videos and other resources  
**mankind.org.uk**  
helping men escape domestic abuse  
**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**  
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

Scan to download  
starttheconversation.uk

