

## Mental Health Resources

### **MIND (National Association for Mental Health)**

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

Mind Infoline: 0300 123 3393

MIND offers extensive information about mental health and seeks to influence policy through campaigning and education. It also runs a confidential helpline (Mind infoline) and a network of local associations.

### **Rethink Mental Illness**

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

Tel: 0808 801 0525

Rethink is a leading mental health charity in the UK that works to help everyone affected by severe mental illness recover a better quality of life. Their website provides information about mental illness and many other topics for service users and carers. Links to support groups throughout England, Wales and Northern Ireland. Rethink has a number of support groups specifically for people from minority ethnic communities.

### **Mental Health Helplines for Urgent Help - NHS**

[www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline](http://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)

The website postcode search gives the most suitable helpline in your area.

NHS urgent mental health helpline is for people of all ages in England.

You can call for:

- 24-hour advice and support for you, your child, your parent or someone you care for
- help speaking to a mental health professional
- an assessment to find the right care for you

## **A-Z List of organisations for Mental Health**

### **Adferiad**

[www.adferiad.org](http://www.adferiad.org)

Information and support for people affected by mental health problems in Wales.

### **Alzheimer's Society**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Tel: 0333 1503456 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Provides information on dementia, including factsheets and helplines.

### **Anxiety UK**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Tel: 03444 775 774 (Monday to Friday, 10.30am to 4.30pm)

Charity providing support if you have been diagnosed with an anxiety condition.

### **Association of Post-Natal Illness**

[www.apni.org](http://www.apni.org)

Tel: 020 7386 0868 10 am - 2 pm Mon-Fri

Information on postnatal depression, and will put mothers affected by postnatal depression in the UK in touch with others who have had similar experiences.

#### **Aware**

[www.aware.ie](http://www.aware.ie)

Tel: 1800 80 48 48. (Ireland)

Aware provides information and support to people affected by depression in Ireland and Northern Ireland.

#### **Beat**

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

0808 801 0677 (England)

0808 801 0432 (Scotland)

0808 801 0433 (Wales)

0808 801 0434 (Northern Ireland)

Offers information and advice on eating disorders, and runs a supportive online community. Also provides a directory of support services at [HelpFinder](#).

#### **Bipolar UK**

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

A charity helping people living with manic depression or bipolar disorder.

#### **British Association for Counselling and Psychotherapy (BACP)**

[www.bacp.co.uk](http://www.bacp.co.uk)

Professional body for talking therapy and counselling. Provides information and a list of accredited therapists.

#### **CALM - Campaign Against Living Miserably**

[www.thecalmzone.net](http://www.thecalmzone.net)

Tel: 0800 58 58 58 (daily, 5pm to midnight)

CALM – Standing together, united against suicide.

#### **Childline**

**0800 11 11**

If you're under 19 you can confidentially call, chat online or email about any problem big or small.

#### **Depression UK**

[www.depressionuk.org](http://www.depressionuk.org)

Depression UK is a national self-help charity that is run by a team of volunteers who believe that sufferers from depression can help themselves and each other. The organisation promotes this mutual support by offering to its several hundred members - pen and phone friend schemes, and newsletters with many members' contributions.

#### **Every mind matters – NHS**

[www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

Information and self-help tips on mental health from the NHS

### **Guardian – In mind: Focus on mental health**

[www.theguardian.com/society/series/in-mind-focus-on-mental-health](http://www.theguardian.com/society/series/in-mind-focus-on-mental-health)

Useful information on mental health from the Guardian UK.

### **Hearing Voices Network**

[www.hearing-voices.org](http://www.hearing-voices.org)

Information and support for people who hear voices or have other unshared perceptions, including local support groups.

### **Men's Health Forum- beat stress**

[www.menshealthforum.org.uk/what-beatstressuk](http://www.menshealthforum.org.uk/what-beatstressuk)

The webchat is open on Wednesdays from 7pm to 10pm with the email service available 24 hours a day offering a 48 hour turnaround.

### **Mental Health Foundation**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Provides information and support for anyone with mental health problems or learning disabilities.

### **MindOut**

[www.mindout.org.uk](http://www.mindout.org.uk)

Mental health service run by and for LGBTQ+ people.

### **Mixed Nuts- Depression and Bipolar Information and Chat**

[www.mixednuts.net](http://www.mixednuts.net)

A depression chat forum featuring a chat room and information on depression, depressive disorders, bipolar disorder manic depression, and treatments for depression

### **NHS- Mental Health**

[www.nhs.uk/mental-health/](http://www.nhs.uk/mental-health/)

Information and support for your mental health from the NHS.

### **No Panic**

[www.nopanic.org.uk](http://www.nopanic.org.uk)

Tel:0300 772 9844 (daily, 10am to 10pm).

Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

### **OCD Action**

[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

Tel: 0300 636 5478 (Monday to Friday, 9.30am to 8pm).

Support for people with OCD. Includes information on treatment and online resources.

### **OCD UK**

[www.ocduk.org](http://www.ocduk.org)

Tel: 01332 588112 (available 4pm-8pm Tue-Thu)

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

### **PAPYRUS**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

HOPELINE247: 0800 068 4141

Young suicide prevention society.

### **Royal College of Psychiatrists**

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

Tel: 020 7235 2351

The Royal College of Psychiatrists is the professional and education body for all psychiatrists in the UK and Republic of Ireland. Publishes factsheets, leaflets and books for the general public (including children and young people) on common mental health problems, psychiatric treatments and stigma. Some of these are also available in other languages

[www.rcpsych.ac.uk/mental-health/translations](http://www.rcpsych.ac.uk/mental-health/translations)

### **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

Telephone: 116 123 (free 24-hour helpline)

Confidential support for people experiencing feelings of distress or despair.

### **SANE**

[www.sane.org.uk/support](http://www.sane.org.uk/support)

**Saneline UK:** 0300 304 7000 4pm-10pm

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Helpline providing information and support to anyone affected by a mental health problem. Gives callers options for action, and puts them in touch with available sources of help and support. Also offers emotional and crisis support to people experiencing mental health problems, their families/carers and friends.

### **Shout**

**Text SHOUT to 85258.**

Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

### **Student Minds**

[www.studentminds.org.uk](http://www.studentminds.org.uk)

Mental health charity that supports students. Runs Student Space, offering online information and helpline support delivered in partnership with The Mix.

### **Time to Change**

[www.timetochangewales.org.uk](http://www.timetochangewales.org.uk) (Wales)

Campaign to end stigma and discrimination against people with mental health problems in Wales.

**Turning Point**

[www.turning-point.co.uk](http://www.turning-point.co.uk)

Health and social care services in England for people with a learning disability. Also supports people with mental health problems, drug and alcohol abuse or unemployment.

**YoungMinds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

This is a UK national, confidential service for parents and carers who are concerned about the mental health or emotional well-being of a child or young person. It provides information and details of local and national advice and helping services, and printed information on a range of mental health issues.

Updated: March 2024