

HELPFUL CONTACTS

Emergency 999

Call an ambulance or the police if you are in danger Tel: 999

NHS 111 Service

Call if you need medical help fast but its not an emergency Tel: 111

Samaritans

24 hour confidential emotional support Tel: 116123 or email jo@samaritans.org
For anyone in crisis, free, calls to this helpline number will not appear on your bill.

ChildLine

Help and advice about a wide range of issues Tel: 0800 1111 or online messaging.
Calls are free and confidential. Open 24hrs a day. www.childline.org.uk

The Mix

Free confidential support for young people Tel: 0808 808 4994. Open 11am-11pm

HOPEline UK

Free, confidential help for under 35s at risk of suicide or anyone worried about a young person
Open 10am-10pm weekdays, 2pm-10pm weekends. Tel: 0800 068 41 41, text 07786 209697.

CALM Helpline

The Campaign Against Living Miserably Tel: 0800 58 58 58
Confidential support for men. 7 days a week 5pm to midnight, free.

SANE Helpline

For anyone affected by mental illness, open daily 6pm to 11pm Tel: 0300 304 7000

Mind

Mental health information line Tel: 0300 123 3393
Info on types of mental health problem, treatments, local support, open office hours.

Switchboard LGBT+

Listening service for LGBT+ people. Open 10am-10pm Tel: 0300 330 0630

Mermaids UK

Support for gender diversity & transgender people. Tel: 0344 334 0550
Open Mon-Fri 9am -9pm

Helplines Partnership

Helps you find the right helpline for you Tel: 0300 330 7777

ONLINE SUPPORT

www.nopanic.org.uk or call 0330 606 1174

www.selfharm.co.uk - self-harm support

www.harmless.org.uk - self-harm support

www.youngminds.org.uk - supporting teenagers
with Mental Health. Addiction, Eating
Disorders, Depression, Anxiety, Self-harm

www.themix.org.uk - essential support for
under 25s

www.stem4.org.uk - supporting teenagers with
Mental Health. Addiction, Eating Disorders,
Depression, Anxiety, Self-harm

www.HelpGuide.org - guide to mental health and
wellness

www.livethroughthis.org - true stories from
suicide attempt survivors

APPS

Staying Alive (lots of info and suggestions if you're feeling suicidal)

Calm Harm (help with self-harm)

Virtual Hope Box (collect favourite things in 4 areas - distraction, inspiration, relaxation, coping tools)

Clear Fear (help with anxiety)

No Panic (help with anxiety)

Mindshift (info for anxiety, coping tools)

SAM Anxiety management (lots of tools and suggestions, mood tracker how things change over time)

Optimism (mood tracker and diary)

Calm (meditation)

Headspace (short, simple meditation)

Bellybio (interacts with your movements, helps control your breathing and calm you down)

Sleepio (help with sleep, tailored to you)

Happy Healthy (think about your diet, sleep, activities)

Five Ways to Wellbeing (connect, be active, take notice, learn, give)

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