

Helplines if you need to talk:

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| <p>Alcoholics Anonymous</p> <p>A fellowship where people share their experiences to help themselves and others. www.alcoholics-anonymous.org.uk Phone: 0845 769 7555 (24-hour helpline)</p> | <p>Nightline</p> <p>A night-time listening service for students. https://www.nightline.ac.uk/want-to-talk/</p> |
| <p>Anxiety UK</p> <p>Charity providing support if you've been diagnosed with an anxiety condition. www.anxietyuk.org.uk Phone: 03444 775 774 (Mon-Fri, 9.30am-5.30pm)</p> | <p>No Panic</p> <p>Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline. www.nopanic.org.uk Phone: 0844 967 4848 (daily, 10am-10pm)</p> |
| <p>Beat</p> <p>UK eating disorder charity; champion, guide and friend to anyone affected by eating disorders. www.b-eat.co.uk Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)</p> | <p>OCD Action</p> <p>Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources. www.ocdaction.org.uk Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm)</p> |
| <p>Bipolar UK</p> <p>A charity helping people living with manic depression or bipolar disorder. www.bipolaruk.org.uk</p> | <p>OCD UK</p> <p>A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. www.ocduk.org Phone: 0845 120 3778 (Mon-Fri, 9am-5pm)</p> |
| <p>CALM</p> <p>CALM is the Campaign Against Living Miserably, for men aged 15-35. www.thecalmzone.net</p> | <p>PANDAS</p> <p>Support and advice for any parent who is experiencing a perinatal mental illness. http://www.pandasfoundation.org.uk Phone: 0843 28 98 401 (9am – 8pm every day)</p> |
| <p>Carers UK</p> <p>Support for those who are caring for others. https://www.carersuk.org Phone: 0808 808 7777 - Open Monday & Tuesday 10am to 4pm. *Note: listening service available Mondays and Tuesdays, from 9am to 7pm.</p> | <p>PAPYRUS</p> <p>Young suicide prevention society. www.papyrus-uk.org Phone: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm. Weekends 2-5pm)</p> |
| <p>Cruse Bereavement Care</p> <p>Providing support to those who have lost someone close. https://www.cruse.org.uk Phone: 0844 477 9400 (Mon-Fri, 9am-5pm)</p> | <p>Relate</p> <p>The UK's largest provider of relationship support, helping people of all ages, backgrounds and sexual orientations to strengthen their relationships. www.relate.org.uk Phone: 0300 100 1234</p> |
| <p>Depression Alliance</p> <p>Charity for sufferers of depression. Has a network of self-help groups. www.depressionalliance.org</p> | <p>Rethink Mental Illness</p> <p>Support and advice for people living with mental illness. www.rethink.org Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm)</p> |

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| <p>Gamblers Anonymous</p> <p>A fellowship where people share their experiences to help themselves and others. www.gamblersanonymous.org.uk</p> | <p>Samaritans</p> <p>Confidential support for people experiencing feelings of distress or despair. www.samaritans.org.uk Phone: 116 123 (free 24-hour helpline)</p> |
| <p>Heads Together</p> <p>Charity trying to change the conversation about mental health. https://www.headstogether.org.uk</p> | <p>SANE</p> <p>Emotional support, information and guidance for people affected by mental illness, their families and carers. www.sane.org.uk/support SANEline: 0300 304 7000 (daily, 4.30-10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: http://www.sane.org.uk/textcare</p> |
| <p>Men's Health Forum</p> <p>24/7 stress support for men by text, chat and email. www.menshealthforum.org.uk</p> | <p>Sands</p> <p>For those who have experienced the loss of baby. https://www.sands.org.uk Phone: 0808 164 3332 Email: helpline@sands.org.uk</p> |
| <p>Mencap</p> <p>Charity working with people with a learning disability, their families and carers. www.mencap.org.uk Phone: 0808 808 1111 (Mon-Fri, 9am-5pm)</p> | <p>The Silver Line</p> <p>For those over the age of 55, providing information, support and friendship. https://www.thesilverline.org.uk Phone: 0800 4 70 80 90 (24 hours, 365 days a year)</p> |
| <p>Mental Health Foundation</p> <p>Provides information and support for anyone with mental health problems or learning disabilities. www.mentalhealth.org.uk</p> | <p>Switchboard the LGBT+ helpline</p> <p>For those who identify as gay, lesbian, bisexual or transgender, this is available to listen to any problems you're having. https://switchboard.lgbt Phone: 0300 330 0630</p> |
| <p>Mind</p> <p>Promotes the views and needs of people with mental health problems. www.mind.org.uk Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)</p> | <p>Tommy's</p> <p>For those who have experienced the loss of baby or those who are pregnant and want to speak to a qualified midwife for advice and signposting. https://www.tommys.org Phone: 0800 0147 800</p> |
| <p>Narcotics Anonymous</p> <p>A fellowship where people share their experiences to help themselves and others. www.ukna.org Phone: 0300 999 1212 (daily until midnight)</p> | <p>Young Minds</p> <p>Information on child and adolescent mental health. Services for parents and professionals. www.youngminds.org.uk Phone: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)</p> |