



WNTCG WORKING WITH THE COMMUNITY HELP LINES

Anxiety UK

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

Phone: [03444 775 774](tel:03444775774) (Mon to Fri, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

Bipolar UK

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

Website: www.bipolaruk.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: [0800 58 58 58](tel:0800585858) (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

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

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: [0300 123 3393](tel:03001233393) (Mon to Fri, 9am to 6pm)

Website: www.mind.org.uk

No Panic

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

Phone: [0844 967 4848](tel:08449674848) (daily, 10am to 10pm)

Website: www.nopanic.org.uk

OCD Action

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

Phone: [0845 390 6232](tel:08453906232) (Mon to Fri, 9.30am to 5pm)

Website: www.ocdaction.org.uk

OCD UK

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

Phone: [0845 120 3778](tel:08451203778) (Mon to Fri, 9am to 5pm)

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK [0800 068 4141](tel:08000684141) (Mon to Fri, 10am to 5pm & 7 to 10pm.

Weekends 2 to 5pm)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: [0300 5000 927](tel:03005000927) (Mon to Fri, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

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

SANEline: [0300 304 7000](tel:03003047000) (daily, 4.30 to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: <http://www.sane.org.uk/textcare>

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline [0808 802 5544](tel:08088025544) (Mon to Fri, 9.30am to 4pm)

Website: www.youngminds.org.uk