

Whatever you're going through,

YOU ARE NOT ALONE.



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



styalive.app
Free app by Grassroots
Suicide Prevention



hubofhope.co.uk
National directory of
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

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 330 3030 (Mon-Fri 9am-9pm)

switchboard.lgbt

0300 330 0630 (10am-10pm)

MEN

andysmanclub.co.uk

men's support groups all over the UK

mantherapy.org

videos and other resources

@the_braveproject

Suicide prevention for Black, Asian and
minority ethnic boys & young 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