

## Further Information



For better  
mental health

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

Infoline-0300 123 3393 (Mon – Fri 9am – 6pm)

Mind provides confidential mental health information services. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies, and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.



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

Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS. The app is free to download and offers support through checking on your state of mind and setting out an action plan to support you



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

Helpline: 01708 765200

Email: [info@supportline.org.uk](mailto:info@supportline.org.uk)

SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.



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

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

Email: [advice@rethink.org](mailto:advice@rethink.org)

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England.



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

Telephone: 0300 304 7000 (4:30pm-10:30pm)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

### Bereavement Support



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

Telephone- 0808 808 1677 The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 8pm.

Email-[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

## Support around Suicide



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

Telephone: 116 123 (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face



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

Hopeline- 0800 068 41 41 (Mon – Fri 10am – 5pm / 7pm – 10pm.

Weekends 2pm – 5pm)

We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.



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

Telephone -0800 58 58 58 (5pm-midnight 365 days a year)

We offer an accredited confidential, anonymous and free support, information and signposting to people anywhere in the UK through our helpline. Calls are taken by trained staff who are there to listen, support, inform and signpost. We also offer a web chat service



Website: [www.giveushout.org](http://www.giveushout.org)

Text: 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It is a place to go if you're struggling to cope and you need immediate help.



## Support for Young People

### YOUNGMINDS

Website- [www.youngminds.org.uk](http://www.youngminds.org.uk)  
Parents Helpline – 0808 802 5544  
YoungMinds Crisis Messenger- text YM to 85258  
General Enquiries- 020 7089 5050.

This charity, part of Mind, was set up to support young people, up to 25 years old, and parents who are struggling with mental health issues and need to talk. They offer a telephone counselling service for parents as well as a text service for young people who need support.

### THE MIX

Website- [www.themix.org.uk](http://www.themix.org.uk)  
**Telephone:** 0808 808 4994 (11am-11pm, free to call)  
**Crisis Support:** Text 'THEMIX' to 85258

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access The Mix's support via phone, email, webchat, peer to peer and counselling services.



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

Telephone- 0800 1111

Childline is a free, private and confidential service where young people, under 19, can speak to a counsellor, over the phone or online about anything that is concerning them