

Anorexia and Bulimia Care

www.anorexiabulimiacare.org.uk

If you're being affected by an eating disorder, you can ring the helpline. Helpline **03000 11 12 13** (option 1: support line, option 2: family and friends)

Anxiety UK www.anxietyuk.org.uk

08444 775 774 (Mon – Fri 09:30 – 17:30)

Supporting diagnosed sufferers

B-eat www.b-eat.co.uk

If you have an eating disorder, or someone in your family does, b-eat is the place you can go to for information and support.

- Helpline number for under 25's: **0808 801 0711** (Daily 3pm-10pm)
- Email: fyp@b-eat.co.uk
- To know what local help and support you can get, put your postcode into HelpFinder

Big White Wall bigwhitewall.com

Online community for adults experiencing emotional or psychological distress. It is free to use in many areas if you live in the UK, if you're a student or if you have a referral from your GP.

CALM

(Campaign Against Living Miserably)

www.thecalmzone.net

Offers support to young men in the UK who are down or in a crisis.

- Helpline: **0800 58 58 58** (Daily 17:00-midnight)

Webchat

Childline www.childline.org.uk

- If you're under 19 you can confidentially call, email or chat online about any problem big or small
- Freephone 24h helpline: **0800 1111**
- Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address

Chat 1:1 with an online advisor

Cruse Bereavement Care cruse.org.uk 0844 477 9400

Charity providing information and support after someone you know has died.

Depression Alliance www.depressionalliance.org

Charity for sufferers of depression

Depression UK depressionuk.org

A self-help organisation made up of individuals and local groups.

Elefriends elefriends.org.uk

Elefriends is a friendly, supportive online community for people experiencing a mental health problem.

Maytree www.maytree.org.uk 0207 263 7070

A sanctuary for the suicidal

Men Get Eating Disorders Too

www.mengetedstoo.co.uk

Information and advice for men on eating disorders.

Men's Health Forum www.menshealthforum.org.uk

24/7 stress support for men

Mind Infoline info@mind.org.uk 0300 123 3393

Information on a range of topics including:

- types of mental health problems
- where to get help
- medication and alternative treatments
- advocacy

Mind will look for details of help and support in your own area.

The National Association for People Abused in Childhood (NAPAC)

0808 801 0331 (freephone from landline and mobiles)

napac.org.uk

A charity supporting adult survivors of any form of childhood abuse. Provides a support line and local support services.

NCT 0300 330 0700 nct.org.uk

National charity providing information and support for all parents.

National Institute for Health and Clinical Excellence (NICE)

nice.org.uk

Guidelines on treatments for depression.

Help and Support Organisations *(continued)*

No Panic www.nopanic.org.uk

No Panic are the people to call if you are suffering from panic attacks, OCD, phobias, and other related anxiety disorders.

Helpline: 0844 967 4848 (Daily 10:00 – 22:00 Charges apply)

Youth Helpline for 13 - 20 yr olds: 0330 606 1174 (Mon - Fri 15:00 – 18:00 Charges apply)

Having a panic attack? Crisis number with recording of a breathing technique: 01952 680835 (24 hr)

Email: admin@nopanic.org.uk

NHS Choices nhs.uk

Provides information on treatments for depression available through the NHS.

OCD Action www.ocdaction.org.uk 0845 390 6232

(Mon - Fri 09:30 - 17:00)

Support for people with OCD

Papyrus (Prevention of Young Suicide)

www.papyrus-uk.org

Confidential advice and support for young people who feel suicidal.

- HOPELineUK: 0800 068 41 41
- Text: 07786 209 697
- Email: pat@papyrus-uk.org

Rethink Mental Illness www.rethink.org

0300 5000 927 (Mon – Fri 09:30 – 16:00)

Offers support and advice for people living with mental health issues.

Samaritans

Chris, PO Box 9090, Stirling FK8 2SA

Helpline: 116 123

jo@samaritans.org samaritans.org

A 24-hour telephone helpline for people struggling to cope.

Sane www.sane.org.uk

0300 304 7000 (4:30 – 10:30 every day)

A leading UK mental health charity

The Mix www.themix.org.uk

If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.

Freephone: 0808 808 4994 (13:00-23:00 daily)

Young Minds www.youngminds.org.uk

0808 802 5544 (Mon – Fri 09:30 – 16:00)

A helpline for parents on child and adolescent mental health

Youth Access www.youthaccess.org.uk

A place for you to get advice and information about counselling in the UK, if you're aged 12-25.



For more information about our courses that help to combat mental health issues at work, at school or at home, please visit our website.

resilientme.co.uk