

A List of Websites and Organisations that offer Mental Health and Wellbeing Support

- Action for Children

Phone: 01923 361 500

www.actionforchildren.org.uk

A charity supporting children, young people and their families across England.

- Action for Happiness

www.actionforhappiness.org.uk

- Anna Freud Centre

www.annafreud.org

Telephone: 0207 794 2313

Email: info@annafreud.org

A children's mental health charity providing specialist help and training, as well as carrying out research.

- Anxiety UK

Phone: 03444 775 774 (Mon–Fri)

www.anxietyuk.org.uk

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

- Beat

Phone: 0808 801 0711 (every day)

www.beateatingdisorders.co.uk

An under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

CALM

Phone: 0800 58 58 58

www.thecalmzone.net

The Campaign Against Living Miserably is for men who are feeling low or in crisis.

- Centrepoin

Phone (age 16–25): 0808 800 0661

www.centrepoin.org.uk

Provides advice, housing and support for young people, with a helpline and webchat.

- ChildLine

www.childline.org.uk

Telephone: 0800 1111

Childline is a counselling service for parents, children and young people.

- Early Intervention Foundation

www.eif.org.uk

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

- Frank

Phone: 0300 123 6600 Text: 82111

www.talktofrank.com

A confidential webchat, helpline, advice and information on drugs and substance misuse.

- HeadMeds

www.headmeds.org.uk

Clear information on mental health medication for young people.

- Hope Again

Phone: 0808 808 1677 Email: hopeagain@cruse.org.uk

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www.hopeagain.org.uk

Support for young people when someone dies.

- HOPELINEUK

Phone: 0800 068 4141

www.papyrus-uk.org/hopelineuk

A specialist telephone service that gives non-judgemental support, practical advice and information to young people.

- Hub of Hope

www.hubofhope.co.uk

A national database of mental health charities and organisations from across Britain who offer mental health advice and support.

- Kooth

www.kooth.com

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.

- London Lesbian and Gay Switchboard

<https://switchboard.lgbt/>

National service for anyone needed support regarding their sexuality. Information, advice, listening and referral. 0300 330 0630

- Mencap

Phone: 0808 808 1111

www.mencap.org.uk

Provides information and advice for people with a learning disability, their families and carers.

- Mental Health Foundation

www.mentalhealth.org.uk

UK charity dedicated to finding and addressing the sources of mental health issues.

- Mind

www.mind.org.uk

Telephone: 0300 123 3393 (Weekdays 9:30 – 17:00)

Text: 86463

Email: info@mind.org.uk

National mental health charity, which offers an excellent range of materials on all aspects of mental health. It also lists details of local Mind Associations.

- MindEd

<https://www.minded.org.uk>

MindEd is a free educational resources on children and young people's mental health for all adults

- Muslim Youth Helpline

www.myh.org.uk

0808 808 2008 Freephone

Offers support to young Muslims in distress. Email support, helpline and online internet counselling.

- NHS Choices

www.nhs.uk

The NHS Choices website has useful webpages containing information about all aspects of health.

- NHS Go

www.nhs.go.uk

NHS confidential health advice and support for 16–25 year olds. Download the app to your phone.

- No Panic

Phone (ages 13–20): 0330 606 1174

www.nopanic.org.uk/no-panic-youth-hub

A charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).
OCD

www.ocdyouth.org

Email: youthhelpline@ocdaction.org.uk

Youth Support for young people with obsessive-compulsive disorder (OCD).

- On My Mind

www.annafreud.org/on-my-mind

Information for young people to make informed choices about their mental health and wellbeing.

- Refuge

Phone: 0808 200 0247

www.refuge.org.uk

Help and support for young people affected by domestic violence.

- Relate

www.relate.org.uk

Professional, confidential, relationship support.

- Rethink Mental Illness

Phone: 0300 500 0927 (Mon–Fri)

www.rethink.org

Support and advice for people with mental health problems and their friends and families.

- Safeline

Phone: 0808 800 5007

www.safeline.org.uk

Text: 0786 002 7573

Young people's helpline, helping survivors of sexual abuse and rape.

- Samaritans

www.samaritans.org

Telephone: 116 123 (any time)

Email: jo@samaritans.org

Address: Chris, PO Box 9090, Stirling, FK8 2SA

If you are deaf or hard of hearing use the single national minicom number

08457 90 91 92

Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

- Shelter

www.shelter.org.uk/youngpeople

A charity working for people in housing need by providing free, independent, expert housing advice.

- STEM4

www.stem4.org.uk

Email: enquiries@stem4.org.uk

STEM4 aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage.

- Rethink Mental Illness

www.rethink.org

Telephone: 0300 5000 927 (Weekdays 9:00 – 16:00)

Email: info@rethink.org / advice@rethink.org

Rethink is a national mental health membership charity. It works to help everyone affected by severe mental illness recover a better quality of life.

- The Association for Young People's Health (AYPH)

www.youngpeopleshealth.org.uk

Telephone: 0207 922 7715

A charity and membership forum, creating a focus for everyone working in the field of young people's health across the UK.

- The Mix

Phone: 0808 808 4994

www.themix.org.uk

Support and advice for under 25s, including webchat.

- The Royal College of Psychiatrists

www.rcpsych.ac.uk

The Royal College of Psychiatrists' website includes readable and well researched information about mental health for the public.

- Time to Change

www.time-to-change.org.uk

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness.

- Victim Support

Phone: 0808 168 9111

www.victimsupport.org.uk

Support for victims of crime.

- Voice Collective

Phone: 020 7911 0822

www.voicecollective.co.uk

A UK-wide project that supports children and young people who hear voices, see visions, and have other 'unusual' sensory experiences.

- Wellness Recovery Action Plan (WRAP)

www.mentalhealthrecovery.com

- Women's Aid

Phone: 0808 200 0247

www.womensaid.org.uk

A 24-hour national domestic violence helpline.

- YoungMinds

www.youngminds.org.uk

Telephone: 0808 802 5544 (Weekdays 9:30 – 16:00)

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

- Young Stonewall

Phone: 0800 050 2020

www.youngstonewall.org.uk

Information and support for all young lesbian, gay, bi and trans people.

- Youth Access

Phone: 020 8772 9900

www.youthaccess.org.uk

Information on youth counselling