

Signposting to support services

General information

Mind

mind.org.uk

InfoLine: 0300 123 3393

The Mind InfoLine can help you find specialist services in your area.

Helplines and listening services

Samaritans

www.samaritans.org

24 hours a day, 365 days a year. Call 116 123 (free from any phone).

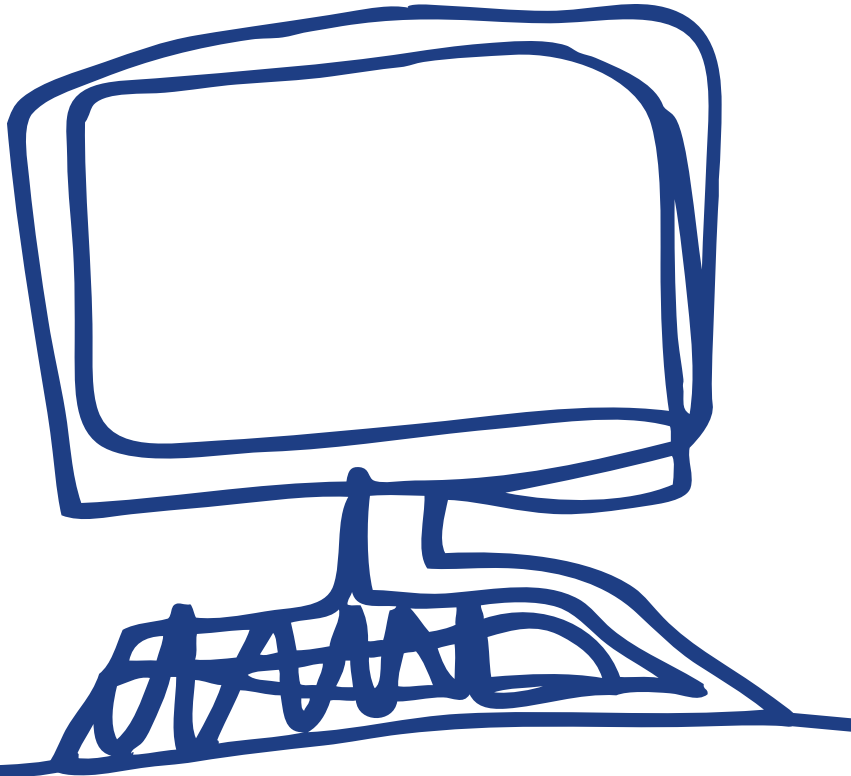
Shout

www.giveusashout.org

For immediate support text SHOUT to 85258 to chat by text to a trained and supervised volunteer. Free, confidential and available 24 hours a day, 365 days a year.

For more options, visit the Helplines Partnership website for a directory of UK helplines:

www.helplines.org/helplines



Directory of organisations and services

The following table contains a selection of organisations that provide support for people with mental health problems.

Audience	Organisation	Website	Services offered
Anyone	Mind	mind.org.uk	<ul style="list-style-type: none"> • information resources • online peer support community • information and legal lines • network of around 120 local Minds across England and Wales, delivering a range of community-based peer support, advocacy and support services
	Mental Health Foundation	mentalhealth.org.uk	<ul style="list-style-type: none"> • conducts practice-informed research, disseminating resources and learning • champions mindfulness through the BeMindful resource and directory
	Rethink Mental Illness	rethink.org	<ul style="list-style-type: none"> • network of 140 peer support groups • over 200 services, including supported housing, one-to-one help for carers, and group activities for people leaving hospital
	Time to Change	time-to-change.org.uk	<ul style="list-style-type: none"> • social movement to change attitudes and behaviour towards people with mental health problems to improve • works in schools, workplaces and the community
	Sane	sane.org.uk/what_we_do	<ul style="list-style-type: none"> • helpline and textcare • online support forum
	NHS England	england.nhs.uk/mental-health	<ul style="list-style-type: none"> • see website for details of services
	NHS IAPT (Improving Access to Psychological Therapy)	NHS IAPT service search	<ul style="list-style-type: none"> • see website for details of services
	Hub of Hope	hubofhope.co.uk	<ul style="list-style-type: none"> • a national mental health database, bringing help and support together in one place, with a focus on grassroots organisations
LGBTQ+	Switchboard	switchboard.lgbt	<ul style="list-style-type: none"> • helpline: 0300 330 0630 (10am to 10pm every day) • messaging and email service

Men	CALM	thecalmzone.net/help/get-help	<ul style="list-style-type: none"> • helpline and webchat open daily, 5pm to midnight, for anyone who needs support
	Movember	uk.movember.com	<ul style="list-style-type: none"> • see website for a range of services and projects aimed at combatting premature death in men from suicide, prostate and testicular cancer
Under-25s	The Mix	themix.org.uk	<ul style="list-style-type: none"> • one-to-one chat and messenger services • discussion boards • information
Veterans	Combat Stress	combatstress.org.uk	<ul style="list-style-type: none"> • specialist treatment programmes • peer-to-peer support groups • helpline
Condition-specific	Anxiety UK	anxietyuk.org.uk	<ul style="list-style-type: none"> • self-help group • support to access therapy
	Bipolar UK	bipolaruk.org	<ul style="list-style-type: none"> • online peer support groups • regional support groups
	Beat	beateatingdisorders.org.uk	<ul style="list-style-type: none"> • online peer support groups • regional support groups
	Gamcare (gambling problems)	gamcare.org.uk	<ul style="list-style-type: none"> • helpline: 0808 8020 133, 8am to midnight, seven days a week • live chatroom etc (see website for full details of services)