

Resource Type	Organisation	Contact Details	Service Description
Phone Line	Alcoholics Anonymous	Tel: 0845 120 0660 Website: www.alcoholicsanonymous.org.uk	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
Phone Line	Al-Anon Family Groups	Tel: 0207 403 0888 Website: www.al-anonuk.org.uk	Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.
Phone Line and Support	Anorexia and Bulimia Care	Tel: 03000 11 12 13 (Mon-Fri 09.30-5.30pm) Website: www.anorexiabulimiicare.org.u	For over 25 years, ABC has provided personal care and support for anyone affected by anorexia, bulimia, binge eating & all types of eating distress.

Phone Line, support and information	Alzheimer's Society	Tel: 0300 222 1122 (Mon-Fri, 9am-5pm, Weekends 10am - 4pm) Website: www.crusebereavementcare.org.uk	Provides information on dementia, including factsheets and helplines
Phone Line	Anxiety UK	Tel: 03444 775 774 Website: www.anxietyuk.org.uk	Charity providing support if you have been diagnosed with an anxiety condition

Phone Line	Bipolar UK	Tel: 0333 323 3880 Website: www.bipolaruk.org.uk Email: info@bipolaruk.org	A charity helping people living with manic depression or bipolar disorder
Phone Line, Support and Information	Blue Light Infoline	Tel: 0300 303 5999 Text: 84999 (Mon –Fri 9am to 6pm) Email: bluelightinfo@mind.org.uk	Infoline for emergency service staff, volunteers and their families only.
Phone Line, Support and Information	Beat Eating Disorders	Helpline: 0808 801 0677 Youthline: 0808 801 0711 Studentline: 0808 801 0811	UK's leading charity supporting anyone affected by eating disorders or any other difficulties with food, weight and shape
Phone Line	CALM (the Campaign Against Living Miserably)	Tel: 0800 585858 (daily 5pm till midnight) Website: www.calmzone	CALM exists to prevent male suicide in the UK for men aged 1535.

Phone Line, Support	ChildLine	Phone: 0800 11 11 Website: childline.org.uk	Childline is counselling service for children and young adults where no problem is too big or too small
Phone Line	Cocoonais	www.cocoonais.com	Emergency mental health numbers for all around the world
Phone Line and Information	Cruse Bereavement Care	Tel: 0808 808 1677 (Mon-Fri 9.30am to 5pm) Website: www.crusebereavementcare.org.uk	United Kingdom's largest bereavement charity, which provide free care and bereavement counselling to people suffering from grief.
Information and Support	Carers Trust	Website: www.carers.org	Advice, support and guidance for carers

Information and Support	Depression UK	Website: www.depressionuk.org Email: info@depressionuk.org Facebook: www.facebook.com/depressionukorg/	The mission of Depression UK is to promote mutual support between individuals affected by or at risk from depression, with the aim of encouraging selfhelp, recovery and personal growth
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Phone Line	Families Anonymous	Tel: 0845 1250 0660 Website: www.famanon.org.uk	Families Anonymous is a world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems.
Phone Line, support and information	Family Lives	Tel: 0808 800 2222 (Mon-Fri 9am-9pm, Sat-Sun 10am-3pm) Website: www.familylives.org.uk	Advice on all aspects of parenting including dealing with bullying
Phone Line	Men's Health Forum	Tel: 02017 922 7908 Website: www.menshealthforum.org.uk	24/7 stress support for men by text, chat and email
Information Support and Advice	Mental Health Foundation	Website: www.mentalhealth.org.uk	Provides information and support for anyone with mental health problems or learning disabilities
Phone Line Information and Support	Mind	Tel: 0300 123 3393 Text: 86463 (Mon to Fri, 9am to 6pm) Website: www.mind.org.uk	Promotes the views and needs of people with mental health problems

Phone Line, Information and Support	National Association for Children of Alcoholics	Tel: 0800 358 3456 Website: www.nacoa.org.uk	Addresses the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.
Information, Support and Phone Line	No Panic	Tel: 0844 967 4848 Website: www.nopanic.org.uk	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia/OCD. Includes a Helpline
Phone Line and support	Narcotics Anonymous	Tel: 0300 999 1212 Website: www.ukna.org	Help, support for those effected by drug abuse
Phone Line and support	NSPCC	Website: www.nspcc.org.uk Tel: 0808 800 5000 Email: help@nspcc.org.uk 18 or under Tel: 0800 1111	Help and support for children and those concerned about a child

Information, Support and Phone Line	OCD Action	Tel: 0845 390 6232 (Mon-Fri, 9.30am to 5pm) Website: www.ocdaction.org.uk	Support for people with OCD. Includes information on treatment and online resources
Information and Support	OCD UK	Tel: 0845 120 3778 Website: www.ocduk.org	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments

Information and Support	Over Come Depression	Website: www.overcomedepression.co.uk	Offers a unique and clear reference point on depression help and advice from experts in the field
Phone Line, Information and support	Papyrus	HOPElineUK: 0800 068 4141 (Mon-Fri 9.30-4pm) Website: www.papyrus-uk.org	Young suicide prevention society
Phone Line, support and advice	Rethink Mental Illness	Tel: 0300 5000 927 (Mon-Fri 9.30am-4pm) Website: www.rethink.org	Support and advice for people living with mental illness
Phone Line, Information and support	Relate	Website: www.relate.org.uk	The UK's largest provider of relationship support
Phone Line	Samaritans	Tel: 116 123 (free 24hr helpline) Email: jo@samaritans.org Website: www.samaritans.org	Confidential support for people experiencing feelings of distress or despair

Phone Line and support	SANE	Tel: 0300 304 7000 (Daily 4.30 to 10.30) Textcare: http://www.sane.org.uk/textcare Website: www.sane.org.uk/support	Emotional support , information and guidance for people affected by mental illness, their families and carers
Phone Line, Information and support	Supportline	Tel: 01708 765200 Email: info@supportline.org.uk Website: www.supportline.org.uk	SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue.
Support Line	Shout	Text 85258 24/7	Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
Phone Line, Information and Support	The Mix	Tel: 0808 808 4994 (Mon-Sun 4pm till 11pm) Text: THEMIX to 85258 Webchats: 7 days a week 4pm to 11pm Website: www.themix.org.uk	Support for young people between the ages of 13 and 25.
Phone Line, information and support	The Silver Line	Tel: 0800 470 80 90 (24hrs a day) Email: info@thesilverline.org.uk Website: www.thesilverline.org.uk	Confidential and free helpline for older people every day and night of the year

Phone Line, support and information	Youngminds	Tel: For parents 0808 802 5544 Text: YM to 85258 Website: https://youngminds.org.uk	We're the UK's leading charity fighting for children and young people's mental health.
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