

SEEK THE HELP YOU NEED- DON'T WAIT!



Anxiety UK

Support if you have been diagnosed with an anxiety condition
03444775774 (M-F 9.30am-10pm; S-S 10am-8pm)
www.anxietyuk.org.uk

CALM

Campaign Against Living Miserably for men aged 15-35
0800 585858 (5pm-midnight every day)
www.thecalmzone.net

No Panic

Offering support for panic attack sufferers and OCD- also recently updated in relation to Coronavirus
0844 967 4848 (10am-10pm daily)
www.nopanic.org.uk

PAPYRUS

Young suicide prevention
0800 068 4141 (M-F 10am-10pm; Weekends and bank hols 2pm-10pm)
www.papyrusuk.org

SANE

Support for people struggling with mental health and their families and carers
0300 304 7000 (4.30pm-10.30pm daily)
www.sane.org.uk/support

Bipolar UK

A charity helping people living with bipolar disorder
www.bipolaruk.org.uk

Mind

Have recently updated their website to support people through the pandemic
0300 123 3393 (M-F 9am-6pm)
www.mind.org.uk

OCD UK

A charity run by people with OCD to help people with OCD
0333 212 7890 (M-F 9am-5pm)
www.ocduk.org

Samaritans

Support for people in distress
116 123 24 hour
www.samaritans.org.uk

Unmasked Mental Health

Peer to peer support via their free app
Support hubs (currently running via Facebook Live 7pm every Thursday)
unmaskedmentalhealth.co.uk