

Mental Health Helplines:

Anxiety UK: Charity providing support for people with anxiety. Tel: 08444 775 774 (Mon-Fri, 9.30am-5.30pm) www.anxietyuk.org.uk

Bipolar UK: Charity for people with manic depression or bipolar disorder. www.bipolaruk.org.uk

CALM (Campaign Against Living Miserably) for men aged 15-35. www.thecalmzone.net

Depression Alliance: Charity for sufferers of depression. Has a network of self-help groups. www.depressionalliance.org

Men's Health Forum: 24/7 stress support for men by text, chat and email. www.menshealthforum.org.uk

Mental Health Foundation: Info and support for those with mental health problems or learning disabilities. www.mentalhealth.org.uk

Mind: For people with mental health problems. Tel: 0300 123 3393 (Mon-Fri, 9am-6pm) www.mind.org.uk

No Panic: Charity offering support for sufferers of panic attacks and OCD. Tel: 0844 967 4848 (10am-10pm) www.nopanic.org.uk

OCD Action: info and support for people with obsessive compulsive disorder. Tel: 0845 390 6232 (Mon-Fri, 9.30am-5pm) www.ocdaction.org.uk

OCD UK: Charity run by people with OCD, for people with OCD. Tel: 0845 120 3778 (Mon-Fri, 9am-5pm) www.ocduk.org

PAPYRUS: Young suicide prevention society. Tel: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm. Weekends 2-5pm) www.papyrus-uk.org

Rethink Mental Illness: Support and advice for people living with mental illness. Tel: 0300 5000 927 (Mon-Fri, 9.30am-4pm) www.rethink.org

Samaritans: Confidential support for people experiencing feelings of distress or despair. Tel: 116 123 (free 24-hour helpline) www.samaritans.org.uk

Sane: Charity offering support & carrying out research into mental illness. Tel: 0845 767 8000 (daily, 6-11pm) www.sane.org.uk

Young Minds: Information on child and adolescent mental health. Services for parents and professionals. Parents' helpline : 0808 802 5544 (Mon-Fri, 9.30am-4pm) www.youngminds.org.uk

NSPCC: Children's charity dedicated to ending child abuse and child cruelty. Tel: 0800 1111 for Childline for children (24-hour helpline) or 0808 800 5000 for adults concerned about a child (24-hour helpline) www.nspcc.org.uk

Refuge: Advice on dealing with domestic violence. Tel: 0808 2000 247 (24-hour helpline) www.refuge.org.uk

Alcoholics Anonymous: Tel: 0845 769 7555 (24-hour helpline) www.alcoholics-anonymous.org.uk

Gamblers Anonymous www.gamblersanonymous.org.uk

Narcotics Anonymous: Tel: 0300 999 1212 (daily until midnight) www.ukna.org

Alzheimer's Society: Information on dementia. Tel: 0300 222 1122 (Mon-Fri, 9am-5pm. Weekends, 10am-4pm) www.alzheimers.org.uk

Cruse Bereavement Care: Tel: 0844 477 9400 (Mon-Fri, 9am-5pm)
www.crusebereavementcare.org.uk

Rape Crisis: To find your local services phone: 0808 802 9999 (daily, 12-2.30pm, 7-9.30pm)
www.rapecrisis.org.uk

Victim Support: Tel: 0808 168 9111 (Mon-Fri, 8pm-8am. Weekends, Sat 5pm-Mon 8am)
www.victimsupport.org

Beat: For help with eating disorders. Tel: 0845 634 1414 (adults) or 0345 634 7650 (for under-25s)
www.b-eat.co.uk

Mencap: Charity working with people with a learning disability, their families and carers. Tel: 0808 808 1111 (Mon-Fri, 9am-5pm) www.mencap.org.uk

Family Lives: Advice on all aspects of parenting including dealing with bullying. Tel: 0808 800 2222 (Mon-Fri, 9am-9pm. Sat-Sun, 10am-3pm) www.familylives.org.uk

Relate: Relationship counselling and support. Tel: 0300 100 1234. www.relate.org.uk