

National Helplines

Anxiety UK

Anxiety UK is a user-led organisation that supports anyone with anxiety, phobias, panic attacks or other anxiety-related disorders. **03444 775 774** or text **07537 416 905**

Beat

Beat act as a champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered. **0808 801 0711**

Big White Wall

Big White Wall is a unique online mental health and wellbeing service offering self-help programmes and creative outlets.

Bipolar

Bipolar UK is the national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers. **0333 323 3880**

CALM

CALM (Campaign Against Living Miserably) is a helpline for young males aged 16 to 35 years, suffering from depression and low self-esteem. It offers counselling, advice and information. **0800 58 58 58** (or London based callers can dial **0808 802 58 58**)

My CAMHS Choices

My CAMHS Choices is a website that provides necessary information required to help young people make meaningful choices about their care.

Childline

Childline provides help for anyone under 19 in the UK with any issue they're going through. **0800 1111**

COAP

Children of Addicted Parents and People (COAP) provide a welcoming, safe, and supportive online community for young people affected by parental drug and alcohol abuse.

Ditch The Label

Ditch The Label help young people navigate through issues related to bullying, such as improving mental health, body image, coming out and building confidence and self-esteem.

Doc Ready

Doc Ready is a digital tool that helps young people to prepare and make the most out of mental health related GP visits. It helps young people to know what to expect during a GP consultation, plan what to say and record the outcomes of their appointments.

Get Connected

Get Connected is a support and signposting service for young people under 25. Telephone, email, text and webchat support.

HeadMeds

Owned and managed by the national charity YoungMinds, **HeadMeds** is a website for young people about mental health medication.

Kooth

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

LifeSIGNS

LifeSIGNS provide information about self-injury and support people as and when they choose to make changes in their lives.

Maytree

Maytree is a registered charity supporting people in suicidal crisis in a non-medical setting. They offer a free 4-night/5-day stay, and the opportunity to be befriended and heard in complete confidence, without judgement and with compassion and warmth. **0207 263 7070**

Mind

Mind provide advice and support to empower anyone experiencing a mental health issue. They campaign to improve services, raise awareness and promote understanding. **0300 123 3393**

MindEd

MindEd for Families give safe and reliable advice to parents and carers about young people's mental health.

The Mix

The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. **0808 808 4994**

Moodscope

Moodscope exist in order to help people to positively manage their moods.

Muslim Youth Helpline

Muslim Youth Helpline is a charity that provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK. **0808 808 2008**

Mini-Me

Mini-Me is an Online mood-tracking tool that responds to how you are feeling: congratulates you when you feel good, shows you pictures/videos etc. that you like if you feel a bit off, and contacts a trusted person that you have selected on your behalf if you are feeling really bad.

NACOA

[The National Association for Children of Alcoholics \(NACOA\)](#) provide a free helpline and support service to help address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. **0800 358 3456**

National Self Harm Network

[National Self Harm Network](#) is a forum that provides support for individuals who self harm, and for families and carers that may be affected by self harm.

Nightline

[Nightline](#) is a student listening service which is open at night and run by students for students. Every night of term, trained student volunteers answer calls, emails, instant messages, texts and talk in person to their fellow university students about anything that's troubling them.

OCD Action

[OCD Action](#) provide support and information to anybody affected by OCD. **0845 390 6232**

OCD-UK

[OCD-UK](#) is a national charity that provide evidence-based information, advice and support to those affected by Obsessive-Compulsive Disorder.

Papyrus

[Papyrus](#) gives non-judgemental support, advice and information for those dealing with suicide, depression or emotional distress. **08000 68 41 41**

Recover Your Life

[Recover Your Life \(RYL\)](#) is one of the biggest and best Self-Harm Support Communities on the internet.

Rethink Mental Illness

[Rethink Mental Illness](#) helps those affected by severe mental illness.

Samaritans

[Samaritans](#) offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. **116 123**

Sane

[Sane](#) works to improve quality of life for anyone affected by mental health issues. **0300 304 7000**

Selfharm UK

[Selfharm UK](#) exist in order to support and nurture young people who may be experiencing difficulties with self-harm.

Student Minds

Student Minds is a mental health charity that works with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students.

Students Against Depression

Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

Time to Change

Time to Change provides support and information for people who are facing discrimination regarding mental health issues.

Young Minds

Young Minds provides information, advice and training for young people, parents, carers and professionals.