

# Health & Well-being Mental Health Campaign



## Mental Health Helplines

Whether you're concerned about yourself or a loved one, these helplines can offer expert advice.

### Depression, anxiety, obsession and mental health

#### Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri, 10am-2pm)

Website: [www.rethink.org](http://www.rethink.org)

#### Depression Alliance

Charity for sufferers of depression. Has a network of self-help groups.

Website: [www.depressionalliance.org](http://www.depressionalliance.org)

#### CALM

CALM is the Campaign Against Living Miserably, for men aged 15-35.

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

#### Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

#### Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

#### Sane

Charity offering support and carrying out research into mental illness.

Phone: 0845 767 8000 (daily, 6pm-11pm)

email: [sanemail@org.uk](mailto:sanemail@org.uk)

Website: [www.sane.org.uk](http://www.sane.org.uk)

#### Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

#### The Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

#### YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

#### PAPYRUS - Young suicide prevention society

Phone: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7pm-10pm. Weekends 2pm-5pm)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

# Health & Well-being Mental Health Campaign

Continued overpage.....

## Addiction (drugs, alcohol, gambling)

### Alcoholics Anonymous

Phone: 0845 769 7555 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### Narcotics Anonymous

Phone: 0300 999 1212 (daily until midnight)

Website: [www.ukna.org](http://www.ukna.org)

### Gamblers Anonymous

Website: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

## Obsessions

### OCD (Obsessive Compulsive Disorder) Action

Support for people with obsessive compulsive disorder. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm)

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

### OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0845 120 3778 (Mon-Fri, 9am-5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

## Panic and anxiety

### No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 967 4848 (daily, 10am-10pm)

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

## Phobias

### Anxiety UK

Charity providing support if you've been diagnosed with an anxiety condition.

Phone: 08444 775 774 (Mon-Fri, 9.30am-5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## Further support

### Child line:

Confidential telephone and online support for children and young people

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

### Parent line Plus:

Face to face, online and telephone information and support for parents

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)



[ylyc.worcestershire.gov.uk](http://ylyc.worcestershire.gov.uk)

 **worcestershire**  
county council