

## Directory of mental health and wellbeing support and advice services

### Services which may be able to provide support for adults

#### **General Support**

Support Agency	Service description	Contact details	Website
Relate	Provides help and support with relationships, including counselling, telephone counselling and anonymous live chat.	0300 003 0396	relate.org.uk
Samaritans	Emotional support for anyone feeling down, experiencing distress or struggling to cope.	116 123	samaritans.org

#### **Suicide prevention**

Support Agency	Service description	Contact details	Website
Campaign Against Living Miserably (CALM)	Provides listening services, information and support for men at risk of suicide, including a web chat.	0800 58 58 58	thecalmzone.net
Papyrus HOPELINEUK	Confidential support for under-35s at risk of suicide and others who are concerned about them.	0800 068 41 41 07786 209697 (text)	papyrus-uk.org

#### **Drugs**

Support Agency	Service description	Contact details	Website
Frank	Confidential advice and information about drugs, their effects and the law.	0300 123 6600	talktofrank.com

## Mental Health Illness Support

Support Agency	Service description	Contact details	Website
Anxiety Uk	Advice and support for people living with anxiety.	03444 775 774 (helpline) 07537 416 905 (text)	<a href="http://anxietyuk.org.uk">anxietyuk.org.uk</a>
Rethink Mental Illness	Provides support and information for anyone affected by mental health problems, including local support groups.	0300 5000 927	<a href="http://rethink.org">rethink.org</a>
Voice Collective	Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs.		<a href="http://voicecollective.co.uk">voicecollective.co.uk</a>

## Housing

Support Agency	Service description	Contact details	Website
Centre Point	Provides advice, housing and support for young people aged 16–25 who are homeless or at risk of homelessness in England.	0808 800 0661	<a href="http://centrepoint.org.uk">centrepoint.org.uk</a>
Shelter	Charity working for people in housing need by providing free, independent, expert housing advice.		<a href="http://shelter.org.uk/youngpeople">shelter.org.uk/youngpeople</a>

## Domestic Violence

Support Agency	Service description	Contact details	Website
Refuge	Help and support for young people affected by domestic violence.	0808 200 0247	<a href="http://refuge.org.uk">refuge.org.uk</a>

Victim Support	Provides emotional and practical support for people affected by crime and traumatic events.	0808 168 9111	victimsupport.org.uk
Women's Aid (England)	Information and support for women and children experiencing domestic abuse, including a directory of local services.	0808 2000 247	womensaid.org.uk

### **Advice and support around LGBTQ+**

Support Agency	What they do	Contact details	Website
Switchboard	The LGBTQ+ helpline, webchat, and nationwide database of LGBTQ+ services	0300 330 0630	

### **Support for those who have experienced abuse**

Support Agency	What they do	Contact details	Website
NAPAC	National association for people abused in childhood.	0808 801 0331	www.napac.co.uk