

Mental Health helpful resources

Resource Name	What do they do	Phone	Email	Website
Samaritans	Provide emotional support for people 24/7 365 days a year. They allow people to talk about feelings of distress and despair and are confidential and offer non-judgemental support.	116 123 (Freephone – 24/7) 365 days a year	jo@samaritans.org	www.samaritans.org
Saneline	Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends, and carers.	0300 304 7000 (6pm-11pm 7 days a week local call rates)	n/a	www.sane.org.uk/what_we_do/support/helpline
TIL - Veterans Mental Health – Transition, Intervention and Liaison Service	Transition: the service work with the MoD to offer mental health support for Armed Forces veterans approaching discharge Intervention: Personnel approaching discharge will have an assessment within two weeks of referral, providing access to treatment and support from a care coordinator Liaison: patients that may benefit from NHS care will be referred to the services where they will receive appropriate support for treatment.	0300 323 0137	mevs.mhm@nhs.net	Armed Forces Community - Armed Forces Community - Telford & Wrekin Council
Mind info line	Provides information on types of mental health issues where to get help, medication and alternative treatments and advocacy.	0300 123 3393 (9-6 M-F) local call rates (text: 86463)	n/a	n/a
Rethink advice and information Service	Provides practical help and information on issues such as the Mental Health Act, community care benefits, debt, criminal justice, and carers rights.	0300 5000 927 (9.30-4) local call rates	n/a	n/a



Counselling Directory	Provides a free, confidential directory of trained professional counsellors and therapists in the UK. It is possible to check if a counsellor found through this website is also registered with one of the professional/accreditation bodies listed in this section.	0844 8030 240	n/a	www.counselling-directory.org.uk
NAPAC	The national association for People Abused in Childhood provides support for people affected by sexual abuse in childhood through a dedicated support line, free online resources and training.	0808 801 0331 (Freephone- see webpage for open hrs)	support@napac.org.uk	www.napac.org.uk
NSPCC	The NSPCC is the children’s charity dedicated to ending child abuse and child cruelty. Runs ChildLine and also a dedicated helpline for adults concerned that a child might be at risk of abuse	0808 800 5000 (Freephone 24/7 for adults concerned about a child)	help@nspcc.org.uk	www.nspcc.org.uk
Rape Crisis	Rape crisis is a national charity supporting anyone who has experienced rape, child sexual abuse and /or any other kind of sexual violence. It runs local Rape Crisis helplines and centres across England and Wales, details of which can be found on their webpage	0808 802 999 (Freephone –see webpage for opening hours)	n/a	www.rapecrisis.org.uk
Survivors UK	Survivors UK provides help and support for men who have experienced sexual violence or abuse. This includes counselling and online and SMS chat support services run by professionals who specialise in the field of male sexual violence.	0203 598 3898	info@survivorsuk.org	www.survivorsuk.org



Women's Aid	Women's aid are a grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated	0808 2000 247 (Freephone 24/7 - 7 days a week)	helpline@womensaid.org.uk	www.womensaid.org.uk
Addaction	Addaction supports adults, children, young adult and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.	020 7251 5860	info@addaction.org.uk	www.addaction.org.uk
Al-Anon Family Groups UK and Free	Al-Anon Family groups provide support to anyone whose life is or has been affected by someone else's drinking, regardless of whether that person is still drinking or not. Run a wide range of self-help groups for relatives and friends of alcoholics.	0207 403 0888 (10am-10pm 7 days per week)	enquiries@al-anonuk.org.uk	www.al-anonuk.org.uk
Dual Recovery Anonymous UK and Ireland	Organisation running self-help groups for those with dual diagnosis (A substance use issue alongside diagnosed mental health issue), based on 12 step model of recovery.	0300 124 0373	n/a	www.dualrecoveryanonymous.org
Gamblers Anonymous UK	Gamblers anonymous runs self-help groups across the UK for anyone affected by addictive gambling behaviours who wants to change based on 12 step model of recovery.	n/a	n/a	www.gamblersanonymous.org.uk
Anxiety UK	Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support. This includes talking therapies and self-help groups.	08444 755 774 (9.30-5.30 M-F). Text:- 07537 416 905	support@anxietyuk.org.uk	www.anxietyuk.org.uk
Help for Heroes	Help for heroes provides direct support for wounded, injured and sick veterans and serving	01980 844 280	n/a	www.helforheroes.org.uk



	members of the Armed Forces and their families including mental health support			
PTSD Resolution	PTSD Resolution helps veterans, TA and reservists who are struggling to reintegrate into a normal work and family life because of military trauma suffered during service in the Armed Forces. Coordinate a network of 200 accredited therapists with a focus in military PTSD.	0300 302 0551 (9am-5pm M-F)	coord@ptsdresolution.org	www.ptsdresolution.org
The Royal British Legion	The Royal British Legion helps members of the Royal Navy, British Army, Royal Air Force, Veterans and their families. They also campaign to improve the lives, organise the Poppy Appeal and remember the fallen.	0808 802 8080 (8-8 – 7 days a week)	info@britishlegion.org.uk	www.britishlegion.org.uk
Bereavement Advice-Centre	The bereavement Advice Centre supports and advises people after a death in England and Wales. Their website and helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.	0800 634 9494 (Freephone 9-5 M-F)	n/a	www.bereavementadvice.org.uk
Cruse Bereavement Care	Cruse Bereavement care offer support, advice and information to children, young people and adults when someone dies. They run a helpline as well as bereavement counselling as well as facilitates self-help groups across the country.	0808 808 1677 (see website for opening hours)	helpline@cruse.org.uk	www.cruse.org.uk
Survivors of bereavement by Suicide	Survivors of bereavement by Suicide is the national charity to meet the need and break the isolation experienced by those bereaved by suicide. A self-help organisation which provides support via a range of means, including through a national	0300 111 5065 (9am-9pm, 7 days per week)	sobs.support@hotmail.com	www.uk-sobs.org.uk



	helpline, via email and through running self-help groups.			
Carers UK	Carers UK aims to make life better for carers, by providing advice on a range of issues, including financial and practical matters relating to caring, and running an online peer support community of carers across the UK.	08008 808 7777 (10am-4pm M-F)	n/a	www.carersuk.org
Victim Support	Victim Support is an independent charity working towards a world where people affected by the crime or traumatic events get the support they need and the respace they deserve. They run a confirmation and free helpline for anyone affected by crime as well as emotional and practical support, including advice in going to court and what happens during a trial.	0808 1689 111 (Freephone 8pm-8am- M-F, Weekends 24hrs)	n/a	www.victimsupport.org.uk
Money Advice Service	A free independent service set up by the government that provides information on all money related matters via a helpline, online information and free web chats	0800 138 7777 (Freephone 9am-8pm M-F, 9.30am – 1pm sat)	n/a	www.moneyadvice.service.org.uk
ABC (Anorexia and Bulimia Care)	Anorexia and Bulimia Care is a national UK eating disorders organisation providing ongoing care, emotional support and practical guidance for anyone affected by eating disorders. Includes nutritional guidance/support and befriending services.	0300 011 1213	support@anorexiabulimiacare.org.uk	www.anorexiabulimiacare.org.uk
Mental Health Foundation	Mental Health Foundation workplace has developed a range of resources aimed at tackling mental health in the workplace. This includes the helpful guide “managing mental health in the	01392 677 064	info@mindulemployer.net	www.mindfulemployer.net



workplace resources	workplace” produced with employee benefits specialist Unum.			
Relate	Relate is a national charity offering a range of services to help with couple and family relationships, including in counselling support and therapy focusing on relationship issues.	0300 100 1234		www.relate.org.uk
Citizen’s advice	Citizen’s advice provides free, independent information and advice for people on money, legal, consumer, housing and other problems. Its website is searchable for local citizen’s advice bureaus and has a dedicated web chat service.	03444 111 444	n/a	www.citizensadvice.org.uk
Men’s Health Forum	Men’s Health Forum provide free, independent health information focusing on male health issues including particular projects around men’s mental health.	n/a	manmot@menshealthforum.org.uk	www.menshealthforum.org.uk
Mind	Mind provide a wide range of services relating to mental health, including information support as well as research and complaining work. The national Mind organisation also acts as an umbrella organisations, which provide different services across the country e.g. therapy services, self-help groups and alternative therapies.	0300 123 3393	info@mind.org.uk	www.mind.org.uk
Rethink Mental Illness	Rethink Mental illness provides a range of support, advice and information services relating to mental illness, as well as conducting national campaigns, and research. Rethink runs over 200 mental health services and 150 support groups across England	0121 522 7007 (General Enquiries)	info@rethink.org	www.rethink.org.uk



	including therapy services, peer support groups and many more.			
Mencap	Mencap works in partnership with people with a learning disability, their families and carers to provide a range of support	0808 808 1111 (9 am-5pm M-f)	help@mencap.org.uk	www.mencap.org.uk
Lesbian, Gay, Bisexual and Transgender Switchboard	Confidential support, information and referral services for LGBT community including on line chat	0300 330 0630 (Local call rates:- 10am-11pm 7 days per week)	chris@switchboard.lgbt	www.switchboard.lgbt
Age UK	AgeUK provides a range of information and support services for older people and those caring for them. Includes befriending services to combat loneliness in elderly people, which may contribute to mental health issues.	0800 169 2081 (Freephone)	n/a	www.ageuk.org.uk
Dementia UK	Dementia UK offers specialist one to one support and expert advice for people living with dementia, including nursing support through their team of Admiral Nurses	0800 888 6678 (Freephone)	direct@dementiauk.org	www.dementiauk.org
Refugee Council	The UK's largest organisation working with refugees and asylum seekers. Includes the provision of specialist therapeutic services target to the needs of these populations.	020 7346 6700		www.refugeecouncil.org.uk
Department of Health	The aim of the Department of health is to help people to live better for longer. Its sire provides information on health and social care policy and guidance publications and statistics.			www.dh.go.uk
Mental Health Foundation	Improving the lives of those with mental health problems or learning difficulties, through research,	020 7803 1100		www.mentalhealth.org.uk



	policy work and running awareness campaigns like Mental Health Awareness week.			
NSHN (National Self Harm Network)	National Self Harm Network offers an online moderated support forum for people affected by self-harm.			www.nshn.co.uk

