









Useful Contacts (UK)

Name	What support they offer	Opening Hours	How to contact them
<p>Samaritans</p> 	<p>Support and a listening ear for those in crisis or needing support</p>	<p>Open 24 hrs a day 365 days a year</p>	<p>Tel: 116 123 (UK) 116 123 (ROI) Email: jo@samaritans.org Postal: Freepost RSRB-KKBY-CYJK, PO Box 9090, Stirling, FK8 2SA Website: www.samaritans.org If you would prefer to speak to someone face to face check the website for details of your branch.</p>
<p>Papyrus</p> 	<p>Advice, support and listening ear to young people (under 35) who are in crisis or at risk of harming themselves or those who care for a young person in crisis.</p>	<p>Mon-Fri 10:00 am to 10:00 pm Weekends & 2:00pm - 10:00pm Bank Holidays: 2:00pm- 10:00pm</p>	<p>Tel: 0800 068 41 41 Email: pat@papyrus-uk.org Text: 07860 039967 Website: www.papyrus-uk.org</p>
<p>Sane</p> 	<p>SANE runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.</p>	<p>Open every day of the year from 4:30pm to 10:30pm.</p>	<p>Tel: 0300 304 7000 Website: www.sane.org.uk</p>
<p>CALM</p> 	<p>The Campaign Against Living Miserably (CALM) is an charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK.</p>	<p>Open every day of the year from 5pm to Midnight.</p>	<p>Tel: 0800 58 58 58 Website: www.thecalmzone.net Webchat also available via website.</p>

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<p>OCD Action</p>	<p>Information, advice and support for those affected by OCD.</p>	<p>Dependent upon volunteer availability: Monday – Friday 9.30am – 8pm. If we don't have a volunteer available please leave a message and we will aim to call you back within 24hrs of your call. Unfortunately we can't call you back in the evening at the moment.</p>	<p>Tel: 0845 390 6232 Or 020 7253 2664 Email: support@ocdaction.org.uk Website: www.ocdaction.org.uk Forums: www.ocdaction.org.uk/forum</p>
<p>Anxiety UK</p>	<p>Information, advice and support for those affected by anxiety.</p>	<p>Mon-Fri: 9:30am - 5.30pm (excluding bank holidays)</p>	<p>Tel: 03444 775774 (infoline) Text Service: 07537 416 905 Email: support@anxietyuk.org.uk Website: www.anxietyuk.org.uk</p>
<p>No Panic</p> 	<p>Information, advice and support for those affected by anxiety.</p>	<p>The No Panic Helpline operates between 10am and 10pm every day of the year.</p>	<p>Tel: 0844 967 4848 Website: https://www.nopanic.org.uk/</p>
<p>Combat Stress</p> 	<p>Combat Stress is the UK's leading Veterans' mental health charity. The Combat Stress 24-Hour Helpline is for the military community and their families. It can advise Veterans, serving personnel, reservists and their families, on issues from mental health to practical support.</p>	<p>Helpline is available 24 hrs a day, 365 days a year.</p>	<p>Tel: 0800 138 1619 (veterans and their family) Tel: 0800 323 4444.(serving personnel and their family) Text: 07537 404 719 Email: helpline@combatstress.org.uk Website: www.combatstress.org.uk</p>

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<p>Beat</p> 	<p>Information, advice and support for those affected by eating disorders.</p>	<p>Beat's Adult and Youth Helplines are open daily from 3pm - 10pm. Christmas opening 24th Dec - 1st Jan 2020 the line is open 4pm - 8pm.</p> <p>Webchat is also available via the website.</p>	<p>Adult Helpline: 0808 801 0677 Email: help@b-eat.co.uk Youthline: (Under 18) 0808 801 0711 Studentline: 0808 801 0811 Email: help@beateatingdisorders.org.uk (adult helpline) Email: fyp@beateatingdisorders.org.uk (young persons helpline) Website: https://www.beateatingdisorders.org.uk/</p>
<p>Silverline</p> 	<p>The Silver Line is the only free confidential helpline providing information, friendship and advice to older people.</p>	<p>Open 24 hours a day, every day of the year.</p>	<p>Tel: 0800 470 80 90 Website: http://www.thesilverline.org.uk</p>



Indicates that the service can be accessed over the holiday period