<table>
<thead>
<tr>
<th>Name</th>
<th>What support they offer</th>
<th>Opening Hours</th>
<th>How to contact them</th>
</tr>
</thead>
</table>
| Samaritans | Support and a listening ear for those in crisis or needing support                      | Open 24 hrs a day 365 days a year                   | Tel: 116 123 (UK) 116 123 (ROI)  
Email: jo@samaritans.org  
Postal: Freepost RSRB-KKB-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. |
| Papyrus    | 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. | Mon-Fri 10:00 am to 10:00 pm  
Weekends & 2:00pm - 10:00pm  
Bank Holidays: 2:00pm- 10:00pm | Tel: 0800 068 41 41  
Email: pat@papyrus-uk.org  
Text: 07786 209 697  
Website: www.papyrus-uk.org |
| Sane       | 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. | Open every day of the year from 4:30pm to 10:30pm.  | Tel: 0300 304 7000  
Website: www.sane.org.uk |
| CALM       | 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. | Open every day of the year from 5pm to Midnight.    | Tel: 0800 58 58 58  
Website: www.thecalmzone.net  
Webchat also available via website. |
<table>
<thead>
<tr>
<th><strong>Useful Contacts (UK)</strong></th>
</tr>
</thead>
</table>
| **OCD Action** | Information, advice and support for those affected by OCD. | Dependent upon volunteer availability: Monday – Friday 9.30am – 5pm. 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. | Tel: 0845 390 6232  
Email: support@ocdaction.org.uk  
Website: www.ocdaction.org.uk  
Forums: www.ocdaction.org.uk/forum |
| **Anxiety UK** | Information, advice and support for those affected by anxiety. | Mon-Fri: 9:30am - 5:30pm (excluding bank holidays) | Tel: 03444775774 (infoline)  
Text Service: 07537 416 905  
Email: support@anxietyuk.org.uk  
Website: www.anxietyuk.org.uk  
Webchat also available via website during office hours. |
| **No Panic** | Information, advice and support for those affected by anxiety. | The No Panic Helpline operates between 10am and 10pm every day of the year. | Tel: 0844 967 4848  
Crisis Number 01952 680835 (This is a recorded message available 24 hours). The crisis message is a recorded breathing exercise that can help you through a panic attack and help you learn diaphragmatic breathing.  
Youth Helpline: 0330 606 1174 (For 13 to 20 year olds, open 3pm to 6pm Monday to Friday, Landline rates apply)  
Website: https://www.nopanic.org.uk/ |
| **Combat Stress** | 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. | Helpline is available 24 hrs. | Tel: 0800 138 1619  
Text: 07537 404 719  
Email: helpline@combatstress.org.uk  
Website: www.combatstress.org.uk |
| --- | --- | --- | --- |
| **Beat** | Information, advice and support for those affected by eating disorders. | Beat's Adult and Youth Helplines are open daily from 3pm - 10pm. | 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/ |
| **Silverline** | The Silver Line is the only free confidential helpline providing information, friendship and advice to older people. | Open 24 hours a day, every day of the year. | Tel: 0800 470 80 90  
Website: http://www.thesilverline.org.uk |

Indicates that the service can be accessed over the holiday period