<table>
<thead>
<tr>
<th>Name</th>
<th>What support they offer</th>
<th>Opening Hours</th>
<th>How to contact them</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samaritans</td>
<td>Support and a listening ear for those in crisis or needing support</td>
<td>Open 24 hrs a day 365 days a year</td>
<td>Tel: 116 123 (UK) 116 123 (ROI)  Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Postal: Freepost RSRB-KKBY-CYJK, PO Box 9090, Stirling, FK8 2SA Website: <a href="http://www.samaritans.org">www.samaritans.org</a> If you would prefer to speak to someone face to face check the website for details of your branch.</td>
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<tr>
<td>Papyrus</td>
<td>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.</td>
<td>Mon-Fri 10:00 am to 10:00 pm  Weekends &amp; 2:00pm - 10:00pm  Bank Holidays: 2:00pm- 10:00pm</td>
<td>Tel: 0800 068 41 41  Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>  Text: 07860 039967  Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></td>
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<tr>
<td>Sane</td>
<td>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.</td>
<td>Open every day of the year from 4:30pm to 10:30pm.</td>
<td>Tel: 0300 304 7000  Website: <a href="http://www.sane.org.uk">www.sane.org.uk</a></td>
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<td>CALM</td>
<td>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.</td>
<td>Open every day of the year from 5pm to Midnight.</td>
<td>Tel: 0800 58 58 58  Website: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>  Webchat also available via website.</td>
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<td><strong>Useful Contacts (UK)</strong></td>
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| **OCD Action** | **Information, advice and support for those affected by OCD.** | 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. | Tel: 0845 390 6232  
Or 020 7253 2664  
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: 03444 775774 (infoline)  
Text Service: 07537 416 905  
Email: support@anxietyuk.org.uk  
Website: www.anxietyuk.org.uk |
| **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  
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 a day, 365 days a year. | 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 |
| **Beat** | Information, advice and support for those affected by eating disorders. | 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. Webchat is also available via the website. | 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