







## Useful Contacts (UK)

Name	What support they offer	Opening Hours	How to contact them
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: <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.
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- 5:00pm	Tel: 0800 068 41 41 Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> Text: 07786 209 697 Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
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: <a href="http://www.sane.org.uk">www.sane.org.uk</a>
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: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>  Webchat also available via website.

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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: <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a> Website: <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a> Forums: <a href="http://www.ocdaction.org.uk/forum">www.ocdaction.org.uk/forum</a>
Anxiety UK	Information, advice and support for those affected by anxiety.	Mon-Fri: 9:30am - 5:30pm	Tel: 08444 775 774 Text Service: 07537 416 905 Email: <a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a> Website: <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
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)
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	Helpline is available 24 hrs.	Tel: 0800 138 1619 Text: 07537 404 719 Email: <a href="mailto:helpline@combatstress.org.uk">helpline@combatstress.org.uk</a> Website: <a href="http://www.combatstress.org.uk">www.combatstress.org.uk</a>

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	to practical support.		
Beat	Information, advice and support for those affected by eating disorders.	Beat's Adult and Youth Helplines are open from Monday to Friday 1:30pm to 4:30pm and Monday and Wednesday evenings 5.30pm to 8.30pm.	Adult Helpline: 0345 634 1414 Email: <a href="mailto:help@b-eat.co.uk">help@b-eat.co.uk</a> Youthline: (Under 18) 0345 634 7650 Email: <a href="mailto:fyp@b-eat.co.uk">fyp@b-eat.co.uk</a>
Silverline 	Offering information, advice and support for older people.	Open every day and night of the year.	Tel: 0800 470 80 90 Website: <a href="http://www.thesilverline.org.uk">http://www.thesilverline.org.uk</a>



Indicates that the service can be accessed over the holiday period