







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: jo@samaritans.org Postal: Freepost: SAMARITANS LETTERS 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.	9am to midnight every day of the year.	Tel: 0800 068 41 41 Email: pat@papyrus-uk.org Text: 07860 039967 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 (Saneline) Alternate contact number 07984 967 708 (leave contact details and someone will call you back) 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.

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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: 0300 636 5478 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 helpline 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: 0300 7729 844 Youthline: 0330 606 1174 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 173683 Email: helpline@combatstress.org.uk Website: www.combatstress.org.uk</p>
<p>Beat</p>	<p>Information, advice and support for those affected by eating</p>	<p>Weekdays: 9am - 4pm</p>	<p>Helpline (England): 0808 801 0677 (Scotland) 0808 801 0432</p>

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	disorders.	Weekend & Bank Holidays: 4pm - midnight Webchat is also available via the website.	(Wales) 0808 801 0433 (NI) 0808 801 0434 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