






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: 08457 90 90 90 Email: jo@samaritans.org Postal: Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, 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 & Bank Holidays: 2pm-5pm	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 6pm to 11pm.	Tel: 0845 767 8000 website: www.sane.org.uk
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

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<p>Anxiety UK</p>	<p>Information, advice and support for those affected by anxiety.</p>	<p>Mon-Fri: 930am - 530pm</p>	<p>Tel: 08444 775 774 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 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.</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.</p>	<p>Tel: 0800 138 1619 Text: 07537 404 719 Email: combat.stress@rethink.org website: www.combatstress.org.uk</p>
<p>Beat</p>	<p>Information, advice and support for those affected by eating disorders.</p>	<p>Beat's Adult and Youth Helplines are open from Monday to Friday 130pm to 430pm and Monday and Wednesday evenings 5.30pm to 8.30pm.</p>	<p>Adult Helpline: 0845 634 1414 Email: help@b-eat.co.uk Youthline (under 25): 0845 634 7650 Email: fyp@b-eat.co.uk Callers with hearing difficulty can contact the Helplines using Text Relay. For the Adult Helpline dial: 18001 0845 634 1414 For the Youthline dial: 18001 0845 634 7650 The Text Relay Helpdesk can be contacted</p>

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			at (18001) 0800 73 11 888 Email Text Relay Help Desk: helpline@textrelay.org
Silverline 	offering information, advice and support for older people.	Open every day and night of the year.	Tel: 0800 470 80 90 website: http://www.the-silverline.org.uk



Indicates that the service can be accessed over the holiday period