

Helplines / Webchats

MIND INFOLINE - 0300 123 3393

An information and signposting service. Closed 25th and 26th December 2023 and 1st January 2024.

Open Monday-Friday - 10am-6pm.

SIDEBYSIDE - ONLINE COMMUNITY

Mind's online community where you can listen, share and be heard - <https://www.sidebyside.mind.org.uk>

Open 24/7, moderated 8am-12am.

AGE UK - 0800 678 1602

Information and support for older people.

Open every day - 8am-7pm.

BEAT - 0808 801 0677

Information and advice about eating disorders.

Open Monday-Friday - 1pm-9pm, Saturday-Sunday (and Bank Holidays) - 5pm-9pm.

CAMPAIGN AGAINST LIVING MISERABLY (CALM) - 0800 585 585

Listening services, information and support.

Open every day - 5pm-12pm.

COMBAT STRESS - 0800 138 1619

Treatment and support for armed forces veterans with mental health problems.

Open 24/7.

THE COMPASSIONATE FRIENDS - 0345 123 2304

Support for bereaved families after the death of a child.

Open every day - 10am-4pm and 7pm-10pm.

CRUSE BEREAVEMENT - 0808 808 1677

Information and support after bereavement.

Open Monday-Thursday - 9.30am-3pm, closed Friday-Sunday, open Christmas Day and Boxing Day - 10am-2pm, closed New Year's Day.

LGBT FOUNDATION - 0345 330 3030

Advice, support and information for people identifying as LGBTQ+.

Open Monday-Friday - 9am-9pm, Saturday-Sunday - 10am-5.30pm, closed Bank Holidays.

MEN'S ADVICE LINE - 0808 801 0327

Advice and support for men who have experienced domestic violence and abuse by a current or ex-partner or family member.

Open Monday-Friday - 10am-5pm.

Web chat (open Wednesday 10am-11.30am and Thursday 2pm-4pm):
<https://www.mensadvice.org.uk/contact-us>

MONEYHELPER - 0800 138 7777

Free and impartial money advice.

Open Monday-Friday - 8am-6pm. Closed Bank Holidays.

**NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD
(NAPAC) - 0808 801 0331**

Support for adult survivors of any form of childhood abuse.

Open Monday-Thursday - 10am-9pm, open Friday 10am-6pm.

NATIONAL DOMESTIC ABUSE HELPLINE - 0808 200 0247

Helpline for women who have experienced domestic abuse and violence, with all-female advisors.

Live chat available (open Monday-Friday - 3pm-10pm:

<https://www.nationaldahelpline.org.uk/en/chat-to-us-online>

BSL support available (open Monday-Friday 10am-6pm):

<https://www.nationaldahelpline.org.uk/en/bsl>

Open 24/7.

SAMARITANS - 116 123

For anyone who needs to talk.

Open 24/7.

SHOUT - 85258 (TEXT "SHOUT")

Offering support if in a crisis and needing immediate help.

Open 24/7.

THE SILVER LINE - 0800 470 8090

Support, information, friendship and advice for anyone over 55 who is feeling lonely or isolated.

Open 24/7.

SURVIVORS OF BEREAVEMENT BY SUICIDE (SOBS)

Emotional and practical support for anyone bereaved or affected by suicide.

Open Monday-Thursday - 9am-7pm.

SWITCHBOARD - 0800 011 9100

Listening services, information and support for LGBT people.

Open everyday - 10am-10pm.

CHILDLINE - 0800 1111

Support for people under 19.

Open 24/7.

BSL helpline available Monday-Friday - 8am-8pm, Saturday 8am-1pm.

TALK TO FRANK - 0300 123 6600

For help with drug addiction.

Open 24/7.

SANELINE - 0300 304 7000

Emotional support and information for anyone affected by mental illness.

Open every day - 4pm-10pm.

OCD ACTION - 0300 636 5478

Information and support for people with OCD and people in their lives.

Open Monday-Friday - 9.30am-8pm. Not returning calls Christmas Day or New Year's Day.

HOPELINE 247 - 0800 068 4141

Support and advice for children and young people under 35 experiencing thoughts of suicide or concerns about a young person thinking about suicide.

Open 24/7. (Text number: 0786 003 9967)

NATIONAL SUICIDE PREVENTION HELPLINE UK - 0800 689 5652

Helpline for anyone who may be struggling with mental health and/or thoughts of suicide.

Open every day - 6pm-12am.