

# **Everymind at Work Mental Health Support Directory**

# Directory Overview

**Do you need further support with your mental health and wellbeing? Here is where you can find it.**

## **“It’s ok to ask for help”**

### **Urgent help in a crisis**

To find your local NHS urgent, 24/7 mental health helpline, click [here](#).

### **NHS Talking Therapies**

A GP can refer you for NHS talking therapy, or you can refer yourself directly. Find out more [here](#).

### **How to access local mental health services**

Click [here](#) to find mental health services near you.

### **Getting support from a mental health charity**

Whether you are concerned about yourself or a loved one, these mental health charities, organisations and support groups can offer expert advice. We have highlighted some of the charities below, but a full list can be found [here](#).

#### **Anxiety UK**

Helping those with anxiety, stress, anxiety-based depression or a phobia that is affecting daily life.  
Phone: 03444 775 774  
(Monday to Friday, 9.30am to 5.30pm)  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

#### **BEAT**

There to help you, or someone you love, who is suffering from an eating disorder or experiencing symptoms.  
Phone: 0808 801 0677 (adults) or  
0808 801 0711 (for under-18s)  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

#### **Bipolar UK**

A charity helping people with manic depression or bipolar disorder.  
[www.bipolaruk.org](http://www.bipolaruk.org)

#### **CALM**

CALM are on a mission to prevent male suicide and offer free and confidential helplines for anyone who needs to talk about life’s problems.  
Phone: 0800 58 58 58 (daily, 5pm to midnight)  
[www.thecalmzone.net](http://www.thecalmzone.net)

#### **Family Lives**

Advice on all aspects of parenting for children and families of all ages.  
Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)  
[www.familylives.org.uk](http://www.familylives.org.uk)

#### **Mind**

Mind is on a mission to promote the needs and views of people with mental health problems.  
Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)  
[www.mind.org.uk](http://www.mind.org.uk)

#### **OCD UK**

A charity run by people with OCD, for people with OCD.  
Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)  
[www.ocduk.org](http://www.ocduk.org)

#### **Relate**

The UK’s largest provider of relationship support.  
Phone: 0300 0030 396  
[www.relate.org.uk](http://www.relate.org.uk)

#### **Samaritans**

Confidential support for anyone who is experiencing feelings of distress or despair.  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)



## Urgent help in a crisis

**NHS**

If you need help during a mental health crisis or emergency, the NHS mental health helplines are there for 24/7 advice and support. Click [here](#) to find your local NHS urgent mental health helpline.

If someone's life is at risk or they cannot be kept safe, [call 999 or go to A&E.](#)

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression. You can access talking therapies on the NHS via online, telephone and face-to-face platforms. A GP can refer you, or you can refer yourself directly. To refer yourself you must be 18+ and registered with a GP. Talking therapies are delivered in confidence, therefore your GP will not be contacted without your permission, unless it is believed you are at risk of hurting yourself or others.

## How to refer yourself for NHS talking therapies:

1. Visit the NHS talking therapies [website](#).
2. Click 'Find an NHS psychological therapies service', then 'Start now'.
3. You will be asked to enter the name of your GP surgery so that they can recommend local services that are available to you.
4. Choose which service you would like to refer yourself to (typically based on preferred location).
5. Complete the self-referral form as instructed.
6. Someone from the service will then get in touch, usually within a few weeks. This is to ask you for more details about the problems you are having and to decide next steps.
7. If the service thinks they can help you, they will recommend a therapy for you based on your symptoms and how severe they are.
8. Waiting times for the first session vary, but you will be told what to expect during your call with the service provider.

For more information on accessing local mental health services, click [here](#).

## Mental Health Charities

Whether you are concerned about yourself or a loved one, there are many mental health charities, organisations and support groups that can offer expert advice. We have highlighted some key charities below, but for a full A-Z list of mental health charities that offer support, please click [here](#).



A national charity helping people with Anxiety. Whether you have anxiety, stress, anxiety-based depression or a phobia that is affecting your daily life, they are there to help you.

Website  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### Through Anxiety UK, you can:

Access free information and resources via their [website](#).

Become a [member](#) (annual fee required) and get:

- Access to reduced cost therapies (within 2 weeks)
- Access to a members' area with extra resources and support
- Discounts on self-help products and resources

Join Anxiety UK [courses and groups](#) (small fee required).

Access free confidential help services:

- Helpline Telephone Service: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm, excluding bank holidays).
- Helpline Email Service: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk). Emails will be answered within 24 hours maximum, excluding weekends and bank holidays.
- Text Service (for brief advice): 07537 416905 (Monday to Friday, 9.30am – 5.30pm, responses are limited to 160 characters).



There to help you, or someone you love, who is suffering from an eating disorder or experiencing symptoms. Support is available 365 days a year.

Website  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

## Through Beat, you can:

Access Beat's online directory of eating disorder services: [Helpfinder](#).

Access free information downloads and support resources [here](#).

Access free helplines and online support services:

- **Helpline:** 0808 801 0677 (adults)
- **Studentline:** 0808 801 0811 (students)
- **Youthline:** 0808 801 0711 (under 18s)
- **One-to-one web chat:** click [here](#)

(Helplines are open 365 days a year from 9am – 8pm during the week, and 4pm – 8pm on weekend and bank holidays.)

A charity helping people with manic depression or bipolar disorder. They are dedicated to empowering individuals and families affected by bipolar by providing peer support groups, online communities, support resources and one-to-one support.

Website  
[www.bipolaruk.org](http://www.bipolaruk.org)

## Through Bipolar UK, you can:

Access research, information and advice via their [website](http://www.bipolaruk.org).

Access support via the following channels:

- **Email:** [info@bipolaruk.org](mailto:info@bipolaruk.org) (response within 3 working days)
- Book a telephone call by typing 'I want to speak to someone' in the chatbot on their website [here](#)
- **Peer support groups**
- **eCommunity** – providing a safe and secure space to discuss the challenges you face, and to share your experiences with others



The Campaign Against Living Miserably (CALM) is leading a movement against suicide. Every week 125 people in the UK take their own lives and 75% of all UK suicides are male. CALM exists to change this.

Website  
[www.thecalmzone.net](http://www.thecalmzone.net)

## Through CALM, you can:

Access free helplines and online support (open 5pm-midnight, 365 days a year).

- CALM helpline: **0800 58 58 58**
- Webchat available [here](#)

Be signposted to other organisations that can help you for specific issues [here](#).

Access support if you are bereaved by suicide through the **Support After Suicide Partnership** (SASP).

Understand [how to help others](#) that you are worried about.

Read more information about [issues that may be getting you down](#).





Advice on all aspects of parenting for children and families of all ages. Offering information, advice, an online community, courses and a confidential helpline.

Website  
[www.familylives.org.uk](http://www.familylives.org.uk)

## Through Family Lives, you can:

Access **courses** and **advice** on parenting and family matters including: pregnancy and baby, primary, secondary, teenagers, bullying, family life, divorce and separation.

Access support via the following channels:

- **Helpline:** 0808 800 2222  
(Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)
- **Email:** [askus@familylives.org.uk](mailto:askus@familylives.org.uk)
- Chat online **here** (between 1.30-5.30pm, Monday – Friday)
- Online **forum** community



Mind is on a mission to promote the needs and views of people with mental health problems. Whether you are trying to help yourself or a loved one, Mind can offer information and support for all.

Website  
[www.mind.org.uk](http://www.mind.org.uk)

## Through Mind, you can:

Access information on a range of mental health and wellbeing topics via their [website](http://www.mind.org.uk).

Join their online community, [Side by Side](#), to connect with others who understand what you are going through.

Find your [local Mind](#) branch, where you can access services such as talking therapies, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending.

Access information and advice for getting support, via the following channels:

**Infoline** - an information and signposting service

- **Phone:** 0300 123 3393 (Monday to Friday, 9am to 6pm)
- **Email:** [info@mind.org.uk](mailto:info@mind.org.uk)
- **Post:** Mind Infoline, PO Box 75225, London, E15 9FS

**Legal line** – providing legal information and general advice on mental health related law

- **Phone:** 0300 466 6463 (Monday to Friday, 9am to 6pm)
- **Email:** [legal@mind.org.uk](mailto:legal@mind.org.uk)
- **Post:** Mind Legal line, PO Box 75225, London, E15 9FS

A charity run by people with OCD, for people with OCD. OCD UK has been working for children and adults affected by Obsessive-Compulsive Disorder since 2004. They provide advice, information and support services for those affected by OCD.

Website  
[www.ocduk.org](http://www.ocduk.org)

## Through OCD UK, you can:

Access free information via the [website](http://www.ocduk.org) about OCD, having OCD, overcoming OCD and supporting others with OCD.

Access [self-help resources](#).

Become a [member](#) (from just £2 per month) and get access to:

- The OCD-UK community
- Additional information and education
- Discounted self-help resources

Get support for OCD via the following channels:

- **Helpline:** 03332 127 890  
(usually available between 9.30am – 3.30pm, Monday – Friday)
- **Email support:** [support@ocduk.org](mailto:support@ocduk.org)
- **Online forums:** click [here](#)
- **Local support groups:** click [here](#)

The UK's largest provider of relationship support. Offering support to people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.

Website

[www.relate.org.uk](http://www.relate.org.uk)

relate  
the relationship people

## Through Relate, you can:

Access information and advice through the '[Relationship Help](#)' section of the website. Covering topics such as relationships, sex, family life, parenting, separation and divorce, help for young children and adults.

Access [self-help tools](#) if you are not ready for counselling.

Develop relationship skills through their [Workshops](#).

Get support via the following channels:

- **Phone:** 0300 0030 396
- **Webchat** - You can talk to one of the counsellors live online. WebChat lets you send messages in real time. There is a fee for this service.
- **Webcam counselling** - Webcam counselling is like a face-to-face session but in the privacy of your own home. Fee required.
- **Telephone counselling** - Telephone counselling is like a face-to-face session at a time that's convenient for you. Fee required.
- **Message a counsellor** - Send a message online and get expert support from a Relate counsellor. Fee required.

Or find your nearest Relate [here](#).

**SAMARITANS**

The Samaritans provide confidential support for anyone who is experiencing feelings of distress or despair, who is worried about another person, or is just having a difficult time. Whatever you're going through, a Samaritan will face it with you. They are there 24 hours a day, 365 days a year.

Website  
[www.samaritans.org](http://www.samaritans.org)

## How to get support:

**Call:** 116 123 (free 24/7 helpline)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org) (response within 24 hours)

**Write a letter:** Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA (response within 7 days)

**Download** the Samaritans [self-help app](#)