



Mental health support directory

Where to find the right support

This directory is designed to help you find support for yourself or someone you are trying to help. In the first instance, use the traffic light system below to identify the level of support that is needed.

Emergency

If there is a risk of immediate harm to an individual you are supporting, dial 999 for the appropriate emergency service provider.

It is important to be honest with the individual you are supporting and let them know that you will be calling the emergency services and staying with them until help arrives.

Urgent

If the individual you are supporting presents an urgent need but is not at risk of harm, then it is important to signpost them to the appropriate support services in this document to help. Check if the individual is currently under any mental health care (a crisis team or a community mental health service for example) as they can provide support too.

If you are unsure if the individual requires emergency help, call 111 who can help guide you to the right decision.

Non-urgent

If the individual you are supporting requires non-urgent but more professional support than you can provide, utilise the signposting information within this document to help.

In some instances, it may be beneficial to also signpost the individual to their GP for further professional support.

Categories of organisations

To use this directory, start with the main theme of need and go to the appropriate section. If there is more than one need, feel free to use the listed information as appropriate.

National signposting options

These are national out-of-hours support services which help with a variety of mental health related issues.

Housing support

Should someone be homeless or about to become homeless, this section provides information on organisations that can help.

Carers support

Support for a range of topics if you provide care for another person such as a child, parent, family member or friend.

Bereavement

For anyone experiencing grief, recently or historically, who may need counselling or further support.

General mental health support

This category will list organisations willing to support anyone with a mental health need.

Victim support

If the person has been a victim of any crime then there are several organisations who can provide support.

Financial wellbeing

This section provides organisations that support those who are struggling financially, have debt or are seeking financial advice.

Addiction

For anyone experiencing a problem with alcohol, drug abuse and/or gambling.



This directory is not an exclusive list of the support options available. Some of the organisations might not be accessible in wider areas of the UK such as Scotland, Northern Ireland or Wales. Please check your local authority website for more information.

National signposting options

These support options are available to anyone in the UK and most are open outside of usual working hours. They also support a wide range of issues that an individual may be experiencing.



SAMARITANS

Mental health support is available 24/7 for individuals of any age.

116 123

jo@samaritans.org
samaritans.org



Suicide prevention support is available 24/7 to anyone under the age of 35.

0800 068 4141

papyrus-uk.org



Mental health support is available 24/7 for individuals of any age.

Text **SHOUT** to 85258

giveusashout.org



Mental health support is available daily from 5pm to midnight for anyone over the age of 15.

0800 585 858

Webchat available
thecalzone.net



Domestic violence support is available 24/7 to women and children.

0808 200 0247

Webchat available
refuge.org.uk



Find support with your local Mind.
Open Monday to Friday, 9am to 6pm.

0300 123 3393

mind.org.uk



Enter your postcode to view local support for a wide range of physical, mental and social issues.

hubofhope.co.uk

NHS signposting options

Signposting through the NHS helps people navigate the healthcare system, find the right care, and get the support they need for their health concerns. They offer information on a wide range of health-related topics, such as conditions, treatments, and healthcare providers.



The official website of the NHS provides comprehensive information on healthcare services, conditions, treatments, and more.

[nhs.uk](https://www.nhs.uk)



If you have an urgent medical problem and you're not sure what to do, you can call NHS 111 for professional medical advice.

111

Find a GP

Locate and register with a local GP surgery for primary care services.

[nhs.uk/service-search/find-a-GP](https://www.nhs.uk/service-search/find-a-GP)



Download the NHS Choices app for quick access to health information and services on your mobile device.

Mental Health Support

Find information and support for mental health issues on the NHS website.

[nhs.uk/using-the-nhs/nhs-services/mental-health-services](https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services)

Government signposting options

The official government website acts as a central hub for accessing government resources. These signposting options ensure that people can access government services and information crucial to their wellbeing, financial stability, and legal matters.



The official government website provides information on a wide range of topics, including benefits, tax, immigration, and more.

[gov.uk](https://www.gov.uk)

Tax & Benefits Calculator

Use this tool to calculate your taxes, benefits, and entitlements.

[gov.uk/calculate-your-tax](https://www.gov.uk/calculate-your-tax)



Get advice on your rights and responsibilities as a citizen, including help with legal issues, housing, and finances.

[citizensadvice.org.uk](https://www.citizensadvice.org.uk)



Learn about Universal Credit, a government benefit for people on low incomes or out of work.

[gov.uk/universal-credit](https://www.gov.uk/universal-credit)

General mental health related support

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.



Support for individuals over the age of 18 experiencing anxiety. Helpline available Monday to Friday, 9:30am to 5:30pm.

0344 477 5774

anxietyuk.org.uk



Support for individuals over the age of 18 experiencing OCD. Helpline available Monday to Friday, 9am to 5pm.

0333 212 7890

ocduk.org



Support for individuals over the age of 18 experiencing Bipolar.

bipolar.org.uk



Support for those bereaved by suicide. Helpline available Monday to Friday, 9am to 9pm.

0800 054 8400

suicideandco.org



Support for individuals over the age of 18 experiencing an eating disorder. Helpline available Monday to Friday, 1pm to 9pm.

0808 801 0677 (adults)
0808 801 0711 (under-18s)

b-eat.co.uk



An app to support individuals of any age who are engaging in self-harm, providing harm minimisation programmes.

calmharm.co.uk

General mental health related support

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.



Information, facts, advice and support to those experiencing or supporting someone through menopause.

themenopausecharity.org



Getting men to open up and talk about their mental health and find support options.

manup.how



A wide range of advice, support and information for LGBTQ+ communities.

[0345 330 3030](tel:03453303030)

lgbt.foundation



Peer-to-peer support groups for men across the UK.

info@andysmanclub.co.uk

andysmanclub.co.uk



Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners.

nhs.uk/mental-health



Mental health support for anyone under the age of 25.

[0808 808 4994](tel:08088084994)

Webchat available
themix.org.uk

Housing support

Housing and mental health are often linked. Poor mental health can make it harder to cope with housing problems and being homeless or having problems with your living circumstances can negatively impact mental health. Should someone be homeless or about to become homeless, this section provides information on organisations that can help.



Housing information and advocacy service to anyone experiencing housing issues, homelessness or are at risk of eviction in England, Scotland and Wales.

England
0344 515 2000
england.shelter.org.uk

Scotland
0808 800 4444
scotland.shelter.org.uk

Wales
0800 049 5495
sheltercymru.org.uk



Housing information and advocacy service to anyone experiencing housing issues, homelessness or are at risk of eviction in Northern Ireland.

0289 024 5640

housingrights.org.uk



Domestic violence support is available 24/7 to women and children needing a safe place to stay.

0808 200 0247

Webchat available
refuge.org.uk



Housing advice and support for a range of issues including arrears, poor quality housing and evictions.

0800 144 8848

citizensadvice.org.uk/housing

Victim support

If someone has been a victim of any crime, there are several organisations that can provide support.



Support to anyone affected by a crime and is independent from the police.

0808 168 9111

[victimsupport.org.uk](https://www.victimsupport.org.uk)



Helpline for anyone affected by sexual assault regardless of when the incident happened.

0808 500 2222

Webchat available
[rapecrisis.org.uk](https://www.rapecrisis.org.uk)



Support to women experiencing domestic abuse, including housing support, safety planning and dealing with the police.

Webchat available
[womensaid.org.uk](https://www.womensaid.org.uk)



Information, support and counselling services for anyone affected by sexual violence.

0192 640 2498
0808 800 5005
(male specific support)

[safeline.org.uk](https://www.safeline.org.uk)



Support for members of the LGBTQ+ community who are victims of domestic abuse, sexual violence, hate crimes and conversion therapies.

0800 999 5428

Webchat available
[galop.org.uk](https://www.galop.org.uk)



Support for men who are victims of domestic violence and abuse.

0808 801 0327

Webchat available
[mensadvice.org.uk](https://www.mensadvice.org.uk)

Carers support

A carer is defined as someone who provides unpaid support and care for someone who has an illness, disability, mental health problem and/or addiction. Carers need support too and there is support available for a range of topics, regardless of who you are caring for.



Support for parents who are worried about their child's mental health. Helpline available Monday to Friday, 9:30am to 4pm.

0808 802 5544

youngminds.org.uk/parent



Support for families dealing with children being bullied, relationship breakdowns or needing guidance on mental health, wellbeing and more.

0808 800 2222

Webchat available
familylives.org.uk



Support to those caring for, or personally experiencing, neurodiversity.

autism.org.uk



Specialised support and advice from Dementia nurses for those experiencing Dementia or those caring for someone with Dementia.

0800 888 6678

dementiauk.org



Support and advice for those experiencing Alzheimer's or those caring for someone with Alzheimer's.

0333 150 3456

alzheimers.org.uk

Financial wellbeing support

Poor financial wellbeing can significantly impact an individual's mental and physical health. Here are some organisations that support those who are struggling financially, have debt or are seeking financial advice.



Advice and guidance on dealing with debt and creating realistic budgets to reduce debt.

0800 138 1111

stepchange.org



Support with debt solutions, food banks, cost of living, pensions and rent/mortgage payments.

0800 144 8848

citizensadvice.org.uk/debt-and-money



Brings together the support and services of three government-backed financial guidance providers: the Money Advice Service, the Pensions Advisory Service and Pension Wise.

Webchat available
moneyhelper.org.uk



Support to help you find grants, energy bill relief and eligible benefits.

turn2us.org.uk



Information and resources on a range of financial wellbeing topics such as budgeting, pensions and saving.

themoneycharity.org.uk



Provide practical, emotional and financial support to those experiencing poverty, disadvantage and social isolation.

0808 802 6666

Webchat available
family-action.org.uk



A site dedicated to cutting your bills and fighting your corner; focused on finding deals, saving cash and campaigning for financial justice.

moneysavingexpert.com

Bereavement support

Help is available for anyone experiencing grief, recently or historically, who may need counselling or further support.



Support, peer-to-peer groups and counselling for anyone affected by grief.

0808 808 1677

cruse.org.uk



Support to anyone who is affected by the loss of a baby, before, during or shortly after birth.

0808 164 3332

Webchat available
sands.org.uk



Support for young people, parents and families to rebuild their lives following the loss of a child or when a child grieves.

0800 028 8840

Webchat available
childbereavementuk.org



Guidance on finding regional support during bereavement.

ataloss.org



Helpline for guidance on supporting a young person or child during a bereavement.

0808 802 0021

Webchat available
winstonswish.org



Information, online support, peer-to-peer support groups and live chat support for anyone impacted by a miscarriage, ectopic or molar pregnancies.

0192 420 0799

Webchat available
miscarriageassociation.org.uk



Provides palliative, neurological and bereavement support.

sue Ryder.org

Addiction support

Here are some organisations that will support those experiencing a problem with alcohol, drug abuse and/or gambling.



Information and guidance on finding support services for issues relating to drug abuse.

0300 123 6600

talktofrank.com



Find regional support for addictions such as alcohol and drugs.

Webchat available
wearewithyou.org.uk



Peer-to-peer support meetings and advice for anyone affected by alcohol abuse.

0800 917 7650

Webchat available
alcoholics-anonymous.org.uk



Access to local support for alcohol and drug abuse.

turning-point.co.uk/support-we-offer/drugs-and-alcohol



Peer-to-peer support meetings and advice for anyone affected by drug abuse.

0300 999 1212

ukna.org



Peer-to-peer support meetings and advice for anyone affected by a gambling problem.

0330 094 0322

gamblersanonymous.org.uk

Important reminders

Know where your responsibility ends

It is important to remember that supporting other people can be emotionally demanding and can make us question if we have done the right thing or provided enough support. You are not expected to be a medical professional (e.g. therapist or psychiatrist) and must maintain boundaries whilst supporting an individual. Remember: your role stops when you have appropriately signposted them to professional support.

Look after yourself

As previously mentioned, supporting other people can be emotionally demanding and can lead to issues such as compassion fatigue if you are not effectively supporting your own wellbeing. Make sure you are actively engaging in self-care and utilising the organisations in this document if you need that extra support for yourself too.

Share your signposting knowledge

This document has been designed to help you when supporting yourself or others. You can help others do the same by sharing The Everymind at Work Mental Health Support Directory with colleagues. Feel free to print out specific pages to use as a poster in your organisation or to share via internal communication channels. You may also want to share the directory or particular pages with those you are supporting to refer back to going forward.