

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

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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