

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.



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
thecalmzone.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