

Support

Emergency Help - If you need urgent help for yourself or someone else in immediate danger.

Contact 999

or the Samaritans on 116 123

or go to the Accident & Emergency

A mental health emergency should be taken as seriously as a physical one.

You will not be wasting anyone's time in seeking help.

Whether you're concerned about yourself, a family member or friend these organisations can provide support...

Age UK

Age UK Advice is a free, confidential, national phone service for older people, their families, friends, carers, and professionals. They have a team of expert advisers.

Phone: 0800 678 1602 (08:00 - 21:00 365 days of the year)

Website: www.ageuk.org.uk

Anxiety UK

Support if you've been diagnosed with an anxiety condition.

Phone: 08444 775 774 (Mon-Fri, 09.30 to 17:30)

Website: www.anxietyuk.org.uk

Beat Helpline

For eating disorder support, contact the Beat Helpline. Open 365 days a year from 09:00 to 20:00 on weekdays. Weekends and Bank Holidays from 16:00 to 20:00

Helpline: 0808 801 0677

Studentline 0808 801 0811 Youthline: 0808 801 0711

Website: www.beateatingdisorders.org.uk/support-services

Calm

The Campaign Against Living Miserably (CALM) is a helpline for men. The CALM webchat is also open during these hours.

Phone: 0800 58 58 58 (17:00 to midnight 365 days of the year)

Website: www.thecalmzone.net

Childline

Childline is a confidential line offering support for people under 25 (and their relatives), offering advice about any topic. You can talk about anything. Whether it's something big or small, trained counsellors are available to support children and young people.

Phone: 0800 1111 (07:30 to 15:30 365 days of the year)

Website: www.childline.org.uk

Cruse Bereavement Care

The Cruse Bereavement Care helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Phone :0808 808 1677

Website: www.cruse.org.uk/get-help

Mind

Mind provide advice and support to empower anyone experiencing a mental health problem.

Phone: 0300 123 3393 (09:00 to 18:00, Monday to Friday (except for bank holidays). Closed on Christmas Day and 28 December, open on 29, 30, 31 December, closed on Friday 1 January, then open again on the 4 January.

Website: www.mind.org.uk

Napac

The National Association for People Abused in Childhood offers confidential support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.

Phone: 0808 801 0331 (10:00 to 19:00 on Mondays to Thursdays and 10:00 to 18:00 on Fridays - Not available at weekends and Bank Holidays)

Website: www.napac.org.uk

No Panic

No Panic specialises in self-help recovery and services include providing people with the skills they need to manage their condition and work towards recovery, enabling them to lead more fulfilled lives.

Phone: 0300 7729 844 (365 days a year from daily 10:00 - 22:00)

Website: www.nopanic.org.uk

PAPYRUS

Papyrus provide confidential support and advice to young people, up to age 35, who are struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK. Opening hours: 09:00 - midnight 365 days a year including Bank Holidays.

Phone: 0800 068 4141 Text: 07860039967

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org

Rape Crisis Helpline England & Wales

Rape Crisis England & Wales is the umbrella body for a network of independent Rape Crisis Centres. All centres provide specialist confidential support and services for victims and survivors of sexual violence.

Phone: 0808 802 9999 (Open 365 days a year 12:00 to 14.30 and 19.00 to 21.30)

Website: www.rapecrisis.org.uk

Refuge – Domestic Violence Support

Refuge is committed to a world where domestic violence and violence against women and girls is not tolerated and where women and children can live in safety. Their aim is to empower women and children to rebuild their lives, free from violence and fear. Providing confidential support.

Phone: 0808 2000 247 (365 days a year - 24-hour availability)

Website: www.refuge.org.uk

Samaritans

The Samaritans have a confidential helpline that is available 24 hours a day, 365 days a year, which is free to phone. There is no typical phone call, and they can help with big or small problems, but common reasons people contact the Samaritans are -relationship and family problems, loss, including loss of a friend or a family member through bereavement, financial worries, job or study-related stress, loneliness and isolation, depression, painful and/or disabling physical illness, thoughts of suicide.

Phone: 116 123

Website: www.samaritans.org

SANEline

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance, and information to anyone affected by mental illness, including family, friends, and carers.

Phone: 0300 304 7000 - (Open 365 days a year from 16:30 to 22:30)

Website: www.sane.org.uk

Silver Line

Silver Line has a free, confidential helpline dedicated to helping people, over 55, who may be feeling isolated, confused, or lonely. Open 24 hours a day, 365 days a year.

Phone: 0800 4 70 80 90

Website: www.thesilverline.org.uk

Switchboard

Providing confidential LGBT support. A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.

Phone: 0300 330 0630 (Open 365 days a year from 10:00 to 22:00)

Website: www.switchboard.lgbt

West Yorkshire and Harrogate Grief and Loss Support Service

Providing confidential bereavement support. Open throughout the extended break, with trained counsellors available every day, including Christmas Day.

Phone: 0800 1996 3833

Website: www.wypartnership.co.uk

YoungMinds

Information on child and adolescent mental health. Services for young people, their parents, and professionals.

Young People: Text "SHOUT" to 85258 (24/7 365 days a year)

Parents' helpline 0808 802 5544 (Mon-Fri, 9.30 to 16:00)

Website: www./youngminds.org.uk