

Helplines

AnxietyUK - advice and support for people living with anxiety.

Call 03444 775 774 Mon-Fri: 9:30am - 5:30pm

Text 07537416905

Email support@anxietyuk.org.uk

BEat - helpline, webchat, and online support groups for support with eating disorders, such as anorexia and bulimia.

Under 18s – Call 0808 801 0711, Email fyp@beateatingdisorders.org.uk

Over 18s – Call 0808 801 0677, Email help@beateatingdisorders.org.uk

Students – Call 0808 801 0811, Email studentline@beateatingdisorders.org.uk

Campaign Against Living Miserably (CALM) - provides listening services, information and support for anyone who needs to talk.

Call 0800 58 58 58

Childline - support for children and young people in the UK, including a free helpline.

Call 0800 1111

Frank - confidential advice and information about drugs, their effects and the law.

Call 0300 123 6600

Hope Again - support for young people when someone dies.

Call 0808 808 1677

No Panic - support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).

Under 18s - Call 0330 606 1174

Over 18s - Call 0300 772 9844

24 Hour Crisis Line - Call 01952 680835

Samaritans - free, confidential 24/7 phone call support service.

Call 116 123

ShoutUK - free, confidential 24/7 mental health focused crisis support service

Text "SHOUT" to 85258