**Listed below are some useful contacts for young people suffering with Mental Health Issues:**

### **Action for Children**

**Phone**: 01923 361 500

[actionforchildren.org.uk](http://www.actionforchildren.org.uk/)

Charity supporting children, young people and their families across England.

### **Anxiety UK**

**Phone**: 03444 775 774 (Mon–Fri)

[anxietyuk.org.uk](http://www.anxietyuk.org.uk/)

Charity providing support if you’ve been diagnosed with an anxiety condition.

### **Beat**

**Phone**: 0808 801 0711 (every day)

[beateatingdisorders.co.uk](http://www.beateatingdisorders.co.uk/)

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

### **CALM**

**Phone**: 0800 58 58 58

[thecalmzone.net](https://www.thecalmzone.net/)

The Campaign Against Living Miserably is for men who are feeling low or in crisis.

### **Centrepoint**

**Phone** (age 16–25): 0808 800 0661

[centrepoint.org.uk](http://www.centrepoint.org.uk/)

Provides advice, housing and support for young people, with a helpline and webchat.

### **Childline**

**Phone**: 0800 1111

[childline.org.uk](http://www.childline.org.uk/)

Free 1-to-1 chat support and 24-hour helpline for children and young people in the UK.

### **Frank**

**Phone**: 0300 123 6600 Text: 82111

[talktofrank.com](http://www.talktofrank.com/)

Confidential webchat, helpline, advice and information on drugs and substance misuse.

### **HeadMeds**

[headmeds.org.uk](http://www.headmeds.org.uk/)

Clear information on mental health medication for young people.

### **Hope Again**

**Phone**: 0808 808 1677 Email: hopeagain@cruse.org.uk

[hopeagain.org.uk](http://www.hopeagain.org.uk/)

Support for young people when someone dies.

### **HOPELINEUK**

**Phone**: 0800 068 4141

[papyrus-uk.org/hopelineuk](http://www.papyrus-uk.org/hopelineuk)

A specialist telephone service that gives non-judgemental support, practical advice and information to young people.

### **Hub of Hope**

[hubofhope.co.uk](http://www.hubofhope.co.uk/)

A national database of mental health charities and organisations from across Britain who offer mental health advice and support.

### **Kooth**

[kooth.com](http://www.kooth.com/)

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.

### **Mencap**

**Phone**: 0808 808 1111

[mencap.org.uk](http://www.mencap.org.uk/)

Provides information and advice for people with a learning disability, their families and carers.

### **NHS Go**

[nhsgo.uk](http://www.nhsgo.uk/)

NHS confidential health advice and support for 16–25 year olds. Download the app to your phone.

### **No Panic**

**Phone** **(ages 13–20):** 0330 606 1174

[nopanic.org.uk/no-panic-youth-hub](http://www.nopanic.org.uk/no-panic-youth-hub)

Charity offering support for sufferers of panic attacks and obsessivecompulsive disorder (OCD).

### **NSPCC**

**Phone**: 0800 1111

[nspcc.org.uk](http://www.nopanic.org.uk/no-panic-youth-hub)

**Email**: help@nspcc.org.uk

Specialising in child protection and the prevention of cruelty to children.

### **OCD**

[ocdyouth.org](http://www.ocdyouth.org/)

**Email**: youthhelpline@ocdaction.org.uk

Youth Support for young people with obsessive-compulsive disorder (OCD).

### **On My Mind**

[annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)

Information for young people to make informed choices about their mental health and wellbeing.

### **Refuge**

**Phone**: 0808 200 0247

[refuge.org.uk](http://www.refuge.org.uk/)

Help and support for young people affected by domestic violence.

### **Relate**

relate.org.uk (put in your local area and give them a call)

Professional, confidential, relationship support.

### **Rethink Mental Illness**

**Phone**: 0300 500 0927 (Mon–Fri)

[rethink.org](https://www.rethink.org/)

Support and advice for people with mental health problems and their friends and families.

### **Safeline**

**Phone**: 0808 800 5007

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

**Text**: 0786 002 7573

Young people’s helpline, helping survivors of sexual abuse and rape.

### **Samaritans**

**Phone**: 116 123

[samaritans.org.uk](http://www.samaritans.org.uk/)

Free 24-hour helpline. Confidential support for people experiencing feelings of distress or despair, including suicidal feelings.

### **Shelter**

[shelter.org.uk/youngpeople](http://www.shelter.org.uk/youngpeople)

Charity working for people in housing need by providing free, independent, expert housing advice.

### **The Mix**

**Phone**: 0808 808 4994

[themix.org.uk](http://www.themix.org.uk/)

Support and advice for under 25s, including webchat.

### **Time to Change**

[time-to-change.org.uk](http://www.time-to-change.org.uk/)

Download resources to raise awareness of mental health stigma and find out more about mental health.

### **Victim Support**

**Phone**: 0808 168 9111

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

Support for victims of crime.

### **Voice Collective**

**Phone**: 020 7911 0822

[voicecollective.co.uk](http://www.voicecollective.co.uk/)

A UK-wide project that supports children and young people who hear voices, see visions, and have other ‘unusual’ sensory experiences.

### **Women’s Aid**

**Phone**: 0808 200 0247

[womensaid.org.uk](http://www.womensaid.org.uk/)

24-hour national domestic violence helpline.

### **YoungMinds**

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

For information about different mental health problems.

### **Young Stonewall**

**Phone**: 0800 050 2020

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

Information and support for all young lesbian, gay, bi and trans people.

### **Youth Access**

**Phone**: 020 8772 9900

[youthaccess.org.uk](http://www.youthaccess.org.uk/)

Information on youth counselling.