**Help With Mental Health - Recommended by Time to Change:**

**Here are some other charities and organisations working in the field of mental health.**

### **Mental health charities, groups and services**

**[Mental Health Foundation](http://www.mentalhealth.org.uk/)**

**020 7803 1101**

**Improving the lives of those with mental health problems or learning difficulties.**

**[Together](http://www.together-uk.org/)**

**020 7780 7300**

**Supports people through mental health services.**

**[The Centre for Mental Health](http://www.centreformentalhealth.org.uk/)**

**020 7827 8300**

**Working to improve the quality of life for people with mental health problems.**

**[BACP Find a Therapist Directory](http://www.itsgoodtotalk.org.uk/therapists)**

**01455 883300**

**Through the British Association for Counselling & Psychotherapy (BACP) you can find out more about counselling services in your area.**

**[PANDAS Foundation](http://www.pandasfoundation.org.uk/)**

**0843 28 98 401 (every day from 9am-8pm)**

**PANDAS Foundation vision is to support every individual with pre (antenatal), postnatal depression or postnatal psychosis in England, Wales and Scotland. We campaign to raise awareness and remove the stigma. We provide our PANDAS Help Line, Support Groups offer online advice to all and much more.**

### **General advice and support**

**[Citizens Advice](http://www.citizensadvice.org.uk/)**

**Gives free confidential information and advice to help people sort out their money, legal, consumer and other problems.**

**Support for children and young people**

**[Young Minds](http://www.youngminds.org.uk/)**

**020 7336 8445**

**Provides information and advice for anyone with concerns about the mental health of a child or young person.**

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

**0800 1111**

**Free, national helpline for children and young people in trouble or danger.**

**[Nightline](http://nightline.ac.uk/)**

**Listening, support and information service run by students for students.**

**Other places you could go for support**

**[Age Concern](http://www.ageuk.org.uk/)**

**0800 009966**

**Infoline on issues relating to older people.**

**[Lesbian and Gay Switchboard](https://switchboard.lgbt/)**

**020 7837 7324**

**Provides information, support and referral services.**

**[Refugee Council](http://www.refugeecouncil.org.uk/)**

**020 7346 6700**

**The UK’s largest organisation working with refugees and asylum seekers.**

**[Relate](http://www.relate.org.uk/)**

**0300 100 1234**

**Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support.**

**[Education Support Partnership](https://www.educationsupportpartnership.org.uk/)**

**08000 562 561**

**A 24/7 telephone support line which gives teachers access to professional coaches and counsellors 365 days a year. The network also campaigns for change within schools and education policy in order to improve the wellbeing, mental and physical health of teachers.**

**[Anxiety UK](https://www.anxietyuk.org.uk/)**

**08444 775 774**

**Works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.**