

If you are in distress and would further support, please visit our **NEED HELP NOW** page which offers some information and contacts that may be helpful for you.



Campaign Against Living Miserably (CALM)

Provides listening services, information and support for men at risk of suicide, including a web chat.

Call: 0800 58 58 58 (UK Helpline)

Call: 0808 802 58 58 (London Helpline)

5pm until Midnight, 365 days a year

Visit: thecalmzone.net



Mind

Mental health charity.

Call: 0300 123 3393 or text 86463

9am until 6pm Monday to Friday (except Bank Holidays)

Visit: mind.org.uk



Samaritans

24-hour emotional support for anyone who needs to talk.

Available 24/7

Call: 116 123

Visit: Samaritans.org



Rethink Mental Illness

Provides support and information for anyone affected by mental health problems and also offers local support groups.

9.30am until 4pm Monday to Friday

Call: 0300 5000 927

Visit: rethink.org



Sane

Offers emotional support and information for anyone affected by mental health problems.

Due to COVID a temporary call back service on 07984 967708

Call: 0300 304 7000

Visit: sane.org.uk



No Panic Helpline

Helpline staffed by trained volunteers to help people manage through panic attacks. There is a small charge dependent upon network provider.

10am until 10pm 365 days a year

Call: 0844 967 4848

Visit: nopanic.org.uk