

Mental Health

Rethink Mental Illness

They directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. And we change attitudes and policy for millions.

<https://www.rethink.org/>

Telephone: 0808 801 0525

Samaritans

Samaritans offer emotional support 24 hours a day.

<https://www.samaritans.org/>

Telephone: 116 123

Email: jo@samaritans.org

Anxiety UK

Offers advice for those affected by anxiety, stress and anxiety-based depression.

<https://www.anxietyuk.org.uk/>

Telephone: 03444 775 774

Email: support@anxietyuk.org.uk

MIND

Mind, the mental health charity, is there to make sure no one has to face a mental health problem alone.

<https://www.mind.org.uk/>

Telephone: 0300 123 3393

Email: infoline@mind.org.uk

NHS Mental health services

The NHS mental health services include telephone numbers as well as sites for self-referral.

<https://www.nhs.uk/nhs-services/mental-health-services/>