

Support and Information

Need help now?

If your life is at risk call 999, 111 or go to your nearest A&E department

SAMARITANS 24/7 helpline <i>Free to call, even from mobiles out of credit</i>	Call 116 123
SHOUT – 24/7 crisis textline <i>Free on most networks</i>	Text 85258
Release the Pressure 24/7 helpline <i>Free to call</i>	0800 1070160
CALM – Campaign Against Living Miserably - Suicide Prevention for Men <i>Free to call</i>	0800 585858 Webchat: thecalmzone.net/help/ <i>5pm-midnight every day</i>
Mental Health Matters 24/7 helpline & webchat (Kent & Medway) <i>Free to call</i>	0800 1070160 from landlines Or 0300 3305485 from mobiles Webchat: mhm.org.uk/helpline-webchat
SANELINE	0300 304 7000 <i>Temporarily closed, visit</i> sane.org.uk/what we do/support/ <i>for other contact options</i>

Young People in crisis

Papyrus (Hopeline) – suicide prevention hotline for under 35s <i>Free to call</i>	Call 0800 0684141 <i>Mon-Fri 9am-10pm / weekends & bank holidays 2pm-10pm</i>
Young Minds – 24/7 crisis textline <i>Free on most networks</i>	Text YM to 85258 youngminds.org.uk
Childline <i>Free to call</i>	0800 1111 or childline.org.uk <i>9am-midnight (currently reduced hours)</i>
Children and Young People Mental Health Service (CYPMHS) Kent	nelft.nhs.net 0300 123 4496 for self-referral or on behalf of someone else
Kent Safeguarding Children Board	The Front Door team 03000 41111 Medway Social Care Service 01634 334466

Stay Connected

Big White Wall A safe community to support your mental health, 24/7	bigwhitewall.com/
Elefriends A supportive online community where you can be yourself	elefriends.org.uk/

Mental Health, Working from Home and Isolation during Coronavirus

City Mental Health Alliance <i>Supporting colleagues and looking after you mental health</i>	citymha.org.uk/
Mental Health Foundation <i>Supporting colleagues to stay mentally health in unusual working conditions</i>	mentalhealth.org.uk/publications
WHO World Health Organisation <i>Mental Health considerations during Covid-19</i>	who.int/docs
Mental Health England	mhfaengland.org/mhfa-centre/news/coronavirus-updates/ Supporting your mental health while working from home.pdf
Mental Health at Work	mentalhealthatwork.org.uk Supporting-colleagues-to-stay-mentally-healthy-in-unusual-working-conditions.FINAL_.pdf
Mind	mind.org.uk/information-support/coronavirus-and-your-wellbeing/ mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/
Citizen Advice Bureau	citizensadvice.org.uk Advice Line 0300 330 9001 <i>Mon-Fri 10am-3pm</i>
Leapers	leapers.co/resources/little-guides/coronavirus-working-from-home

Worried about a young person?

Papyrus (Hopeline) – suicide prevention hotline for anyone concerned about a young person <i>Free to call</i>	0800 0684141 <i>Mon-Fri 10am-10pm / weekends 2pm-10pm / bank hols 2pm-5pm</i>
Young Minds – Parents' helpline	0808 8025544 <i>Mon-Fri 9:30am-4pm</i>
SHOUT – 24/7 crisis textline <i>Free on most networks</i>	Text 85258
Charlie Waller Memorial Trust Advice, support, training & info on depression, anxiety	cwmt.org.uk
Place2Be	place2be.org.uk
Fegans Counselling and family support	01892 538288 fegans.org.uk
Youth Access Young people's advice and counselling service	0208 772990 youthaccess.org.uk
Youthnet UK Support and information for 16–25yr olds	youthnet.org

Abuse

Refuge: For women & children National Domestic Abuse 24/7 Helpline <i>Free to call</i>	refuge.org.uk/ 0800 2000 247
Men's Advice Line – advice & support for men experiencing domestic violence & abuse <i>Free to call from most numbers</i>	0800 8010327 <i>Mon-Fri 9am-5pm/8pm</i>
Safeline: For survivors of rape or abuse	0800 802 9999 for Women <i>12-2.30pm & 7-9pm every day</i> 0800 800 5005 for Men <i>Mon-Fri 10am-5pm/8pm / Sat 10am-2pm</i> 0800 800 5007 for Under 18s
NAPAC: National Association for People Abused in Childhood	napac.org.uk
Rape Crisis	0800 802 9999 (12pm-2.30pm & 7pm- 9.30pm 365 days per year) rapecrisis.org.uk text chat Mon-Fri, limited hours

Alcohol & Substance use

Al-Anon: supporting anyone whose life is or has been affected by someone else's drinking	0800 0085 811 <i>10am-10pm every day</i>
NACOA: Providing information, advice and support for everyone affected by a parent's drinking	0800 358 3456
Narcotics Anonymous Helpline	0300 999 1212 <i>10.00am – midnight</i>
Addaction	Webchat addaction.org.uk/webchat
Change, Grow, Live	0330 128 1113 <i>Mon-Fri 9.30am-5pm</i>
Talk To FRANK	0300 1236500 2–6 pm daily Text 82111 talktofrank.com

Anxiety

No Panic – Helping you break the chains of Anxiety Disorders	nopanic.org.uk/
Anxiety UK	anxietyuk.org.uk/

Bereavement & loss

Cruse bereavement care <i>Free to call</i>	0800 808 1677 <i>Mon-Fri 9:30-5/8pm</i>
SOBS – Survivors of bereavement by suicide <i>Call charges apply</i>	0300 111 5065 <i>Mon-Fri 9am-9pm</i>
Winston's Wish – supporting grieving children <i>Free to call</i>	080088 020 021 <i>Mon-Fri 9am-5pm</i>
Holding On, Letting Go – supporting bereaved children and their families (<i>Kent only</i>)	03445 611 511

Hope Again – Young people living after Loss	0800 808 1677 Mon-Fri 9.30am-5pm hopeagain.org.uk
Grief Encounter	0800 8020111 griefencounter.org.uk

Bullying

Ditch The Label	ditchthelabel.org
Kidscape	kidscape.org.uk

Eating / Body Image

BEAT	beateatingdisorders.org.uk Helpline 0800 8010677 Youthline 0800 8010711 Studentline 0800 8010811
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Employment

ACAS (Advisory, Conciliation & Arbitration Service) – free & impartial advice to employers & employees	0300 1231100 acas.org.uk
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Financial matters

The Money Advice Service <i>Free to call</i>	0800 138 1677 Mon-Fri 8am-6pm
Turn 2 us - providing financial support to help people get back on track	turn2us.org.uk/

Gambling

Gamcare 24/7 helpline - information, advice and support for anyone affected by problem gambling. <i>Free to call</i>	0800 8020 133
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LGBTQ+

Switchboard	0300 330 0530 10am-10pm every day
Stonewall	0800 0502020
Mermaids: supporting gender variant and transgender children, young people and their families	0800 801 0400 Mon-Fri 9am-9pm

Older People

Age UK	0800 1692081 ageuk.org.uk
Alzheimer's Society	0300 2221122 alzheimers.org.uk
Dementia UK	dementiauk.org
The Silver Line: 24/7 helpline providing information, friendship and advice for older people <i>Free to call</i>	0800 4 70 80 90

Relationships

Relate	relate.org.uk/
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Self-Harm

Harmless	harmless.org.uk
Calm Harm: provides tasks that help you resist or manage the urge to self-harm	Download the app at calmharm.co.uk

General

Chasing the Stigma: Normalising & Humanising Mental Health	chasingthestigma.co.uk
Every Mind Matters – personalised mind plan	nhs.uk/oneyou/every-mind-matters
Hub of Hope: National mental health database	chasingthestigma.co.uk/hub-of-hope
Mental Health Matters Includes information on local support lines	mhm.org.uk
National Mind Find your local Mind Mind infoline:	mind.org.uk shop.mind.org.uk/help/mind_in_your_area/ 0300 123 3393 / info@mind.org.uk Text: 86463
Rethink Mental Illness: practical help and information	rethink.org
Time To Change: Changing attitudes to mental health	time-to-change.org.uk
Change Grow Live: support with challenges including drugs, alcohol, housing, justice, health & wellbeing.	changegrowlive.org
Wheel of Wellbeing – the WoW Yourself section is about 'doing it yourself'. It's full of practical things you can do to improve your well-being – tips to test, activities to try and places to visit.	wheelofwellbeing.org/wow-yourself

Apps for Mental Health



[Chill panda](#) is for children and adults who want to learn how to manage stress, relax and feel better. It uses your phone's camera to measure your heart rate and suggests playful tasks to suit your state of mind. Tasks include simple breathing techniques and lighter exercises to take your mind off your worries.



[Calm Harm](#) is suitable for people who are trying to manage urges to self-harm. It is based on the principles of dialectical behaviour therapy – a type of talking of therapy that is often effective in people with mood disorders. The app suggests task to encourage users to distract themselves from urges to self-harm and help manage their emotional mind in a more positive way.



[Headspace](#) helps you to let go of stress and relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. There are exercises on topics including managing anxiety, stress relief, breathing, happiness and focus.



[Cove](#) lets you create music to capture your mood and express how you feel. Instead of using words, create music to reflect emotions like joy, sadness, loneliness and anger. You can store your music in a private journal with text or send it to someone when you are struggling to express yourself through words.



[Happy Not Perfect](#) is a toolkit for your mind. Backed by science, Happy Not Perfect enables you to play the daily happiness workout to reduce stress and improve sleep, learn breathing techniques, let go of negative thoughts, practice a positive mindset, meditate, set goals and track progress.



[iPrevail](#) connects you with people who face similar situations and know what you're going through, with communities on stress, anxiety, depression and more.



[Catch it](#) Learn how to manage feelings like anxiety and depression with Catch it. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



[My possible self](#) aims to help you take control of your thoughts, feelings and behaviour. Use the app to help manage fear, anxiety and stress, and tackle unhelpful thinking.



[pzizz](#) aims to help you stop your mind racing, get to sleep, stay asleep and wake up refreshed.



[Health Unlocked](#) Use this app to find and connect with people with mental health conditions, including low mood, panic and anxiety.



[Feeling Good](#) uses the principles of cognitive behavioural therapy to help improve thoughts and feelings, self-esteem and self-confidence.



[Stay Alive](#) is a suicide prevention resource, with lots of useful information and tools to help you stay safe in crisis. You can use it if you are having suicidal thoughts or if you are concerned about someone else who may be considering suicide.



[Self-Heal](#) is free to download from the app store or google play and is to help users resist the urge to self-harm; includes a visual distraction library and promotes recovery.



[Stop, Breathe & Think](#) provides short guided meditations, breathing and acupuncture exercises suggested for your current emotions.



[For Me](#) is a childline app offering advice on many topics as well as a supportive message board and support from a trained counsellor



[ieso](#) is an online course using instant messaging for people with mental health problems. The confidential service puts you in touch with a therapist trained in cognitive behavioural therapy. The therapy is by text so you can review your sessions at any time.



[Silver Cloud](#) is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.



[Thrive](#) helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.