

Support organisations for people who are distressed, who experience suicidal thoughts or who self-harm & for their families and loved ones

CALL Helpline (Wales) 0800 132 737. A 24/7 service offering emotional support, agency contact information and free self-help literature. The helpline deals with all types of mental health problems including thoughts of suicide and help for those bereaved through suicide.

Text 'help' to 81066. www.callhelpline.org.uk

Samaritans 08457 90 90 90 (24 /7) www.samaritans.org

A 24/7 helpline service which gives you a safe space where you can talk about what is happening and how you're feeling, and how to find your own way forward. Samaritans volunteers are ordinary people from all walks of life who understand that there are sometimes things that you just cannot talk about to the people around you. They know that very often, with some time and space, people are able to find their own solution within themselves.

PAPYRUS HOPELineUK 08000 68 41 41

PAPYRUS aims to prevent young people taking their own lives. A professionally staffed helpline provides support, practical advice and information both to young people worried about themselves and to anyone concerned that a young person may harm themselves. PAPYRUS has a range of helpful resources including HOPELineUK contact cards. Many can be downloaded from www.papyrus-uk.org or call 01925 572444 or Fax 01925 240502 for a sample pack.

Specialist help for people who self-harm

The National Self-Harm Network 0800 622 6000 (7pm to 11pm). A forum and resources for those who self-harm and their families and for professionals who support them.

www.nshn.co.uk

'Get Connected' ephone 080 8808 4994 (13.00-23.00 hours) www.getconnected.org.uk/home

Offers help by ephone and email for young people (under 25) who self-harm.

Selfharm.co.uk A project dedicated to supporting young people who are impacted by self-harm. Their website is www.selfharm.co.uk

'The site'.org TheSite.org offers information and support to all the UK's 16-25 year olds. Includes specific support and advice about self-harm.

<http://www.thesite.org/healthandwellbeing/mentalhealth/selfharm>

RecoverYourLife Internet Self-Harm Support Community. Also provide support for any emotional problems in addition to self-harm. <http://www.recoveryourlife.com>

Other sources of support

The Big White Wall A community of support intended for those over the age of 16. Gain the support of others who feel just like you 24/7. Learn ways to feel better and how to get on top of your troubles. Keep safe through the 24/7 support of trained Wall Guides.

<http://www.bigwhitewall.com>

SANE Services Emotional support and specialist information to anyone affected by mental illness, including families, friends and carers. We offer one-to-one support via helpline and e-mail services and peer support via our online Support Forum where people share their feelings and experiences of mental illness, as well as exchanging information about treatment and support options.

SANEline 0845 767 8000 (6pm -11pm)

SANEEmail www.sane.org.uk/what_we_do/support/email

SANE Support Forum www.sane.org.uk/what_we_do/support/supportforum/

SANE Services www.sane.org.uk/what_we_do/support

CALM Campaign Against Living Miserably offer help via their website and helpline targeted at men aged 15-35 who are feeling depressed or down. 0800 585858, Website www.thecalmzone.net Callers are offered support and information. Calls are free, confidential and anonymous. The national helpline is open from 5pm-midnight, Sat, Sun, Mon and Tues, every week of the year. London callers may also call 0800 585858 or text 07537 404717, begin their first text CALM1.

NHS Direct 0845 46 47 & www.nhsdirect.nhs.uk

Mind infoline 0300 123 3393 (Mon-Fri 9am - 6pm) provides information on a range of topics including types of mental distress, where to get help and advocacy. We are able to provide details of help and support for people in their own are email info@mind.org.uk

CRUSE (Bereavement helpline) 0870 167 1677

Drinkline Helpline 0800 9178 282

UK National Drugs helpline 0800 77 66 00. A 24/7 service offering free and confidential ephone advice and information for anyone who is concerned, or has questions, about drugs.

Consumer Counselling Credit Services www.cccs.co.uk Free on-line support service providing anonymous and practical advice about money matters and debt.

National Debtline (helpline) 0808 808 4000

Survivors of Bereavement by Suicide (SOBS) Helpline 9am to 9pm daily - 0844 561 6855

Support by email Contact Ann at sobs.support@hotmail.com

Support Groups <http://www.patient.co.uk/selfhelp.asp>. Details of 1838 UK patient support organisations, self help groups, health and disease information providers, etc. Each entry is cross referenced and details are checked annually

Depression Alliance 0845 123 2320 www.depressionalliance.org

Depression UK 0870 774 4320 www.depressionuk.org

Specific support for children and young people/and their carers

Childline T 08000 111 www.childline.org.uk If you are worried about anything, it could be something big or something small - don't bottle it up. It can really help if you talk to someone. If there is something on your mind, Childline is here for you.

Beatbullying works with children and young people across the UK to stop bullying. We help young people to support each other <http://www.beatbullying.org>

YoungMinds is committed to improving the emotional wellbeing and mental health of children and young people; they have lots of info www.youngminds.org.uk

Information dated April 2012

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