**Get support from a mental health charity**

**Whether you're concerned about yourself or a loved one, these mental health charities, organisations and support groups can offer expert advice.**

**Urgent help in a crisis**

If you need help during a mental health crisis or emergency, NHS urgent mental health helplines provide:

* 24-hour advice and support - for you, your child, your parent or someone you care for
* help to speak to a mental health professional
* an assessment to help decide on the best course of care

[**Find a local NHS urgent mental health helpline**](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)

**A to Z**

**Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk/)

**Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk/)

**CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net/)

**Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](https://www.menshealthforum.org.uk/beatstress.uk)

**Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk/)

**Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk/)

**No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk/)

**OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk/)

**OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org/)

**PAPYRUS**

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org/)

**Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org/)

**Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org/)

**SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

**YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk/)

**Abuse (child, sexual, domestic violence)**

**NSPCC**

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk/)

**Refuge**

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk/)

**Alcohol misuse**

**Alcoholics Anonymous**

A free self-help group. Its "12 step" programme involves getting sober with the help of regular face-to-face and online support groups.

Phone: 0800 917 7650 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk/)

**Al-Anon**

Al-Anon is a free self-help “12 step” group for anyone whose life is or has been affected by someone else's drinking

Phone: 0800 0086 811 (daily, 10am to 10pm)

Website: <https://www.al-anonuk.org.uk/>

**Drinkline**

A free confidential helpline for people worried about their own or someone else's drinking.

Phone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)

**National Association for Children of Alcoholics**

National Association for Children of Alcoholics offers free confidential advice and information to everyone affected by a parent’s drinking including children, adults and professionals.

Phone: 0800 358 3456 (Friday, Saturday and Monday 12pm to 7pm and Tuesday, Wednesday and Thursday 12pm to 9pm)

Website: <https://www.nacoa.org.uk/>

**SMART Recovery UK**

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Phone: 0330 053 6022 for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday)

Website: <https://smartrecovery.org.uk/>

**Alzheimer's**

**Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk/)

**Bereavement**

**Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk/home)

**Crime victims**

**Rape Crisis**

To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk/)

**Victim Support**

Phone: 0808 168 9111 (24-hour helpline)

Website: [www.victimsupport.org](https://www.victimsupport.org.uk/)

**Drug misuse**

**Cocaine Anonymous**

A free self-help group. Its "12 step" programme involves stopping using cocaine and all other mind-altering substances with the help of regular face-to-face and online support groups.

Phone: 0800 612 0225 (daily, 10am to 10pm)

Website: <https://cocaineanonymous.org.uk/>

**FRANK**

Free, confidential information and advice about drugs, their effects and the law. FRANK's live chat service runs daily from 2pm to 6pm.

Phone: 0300 1236600 (24-hour helpline)

Text a question to: 82111

Website: <https://www.talktofrank.com/>

**Marijuana Anonymous**

A free self-help group. Its "12 step" programme involves stopping using marijuana with the help of regular face-to-face and online support groups.

Phone: 0300 124 0373 (callback service)

Website: <http://www.marijuana-anonymous.org.uk/>

**Narcotics Anonymous**

A free self-help group. Its "12 step" programme involves stopping using drugs with the help of regular face-to-face and online support groups.

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: [www.ukna.org](http://www.ukna.org/)

**SMART Recovery UK**

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Phone: 0330 053 6022 for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday)

Website: <https://smartrecovery.org.uk/>

**Eating disorders**

**Beat**

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk/)

**Gambling**

**Gamblers Anonymous**

A free self-help group. Its "12 step" programme involves stopping gambling with the help of regular face-to-face and online support groups.

Phone: 0330 094 0322 (24-hour)

Website: <https://www.gamblersanonymous.org.uk/>

**Gam-Anon**

A free self-help group. Its "12 step" programme is for those affected by someone else’s gambling with the help of regular face-to-face and online support groups.

Phone: 08700 50 88 80

Website: [www.gamanon.org.uk](http://www.gamanon.org.uk/)

**National Gambling Helpline**

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: [www.begambleaware.org](http://www.begambleaware.org/)

**National Problem Gambling Clinic**

A specialist NHS clinic for problem gamblers aged 13 and over.

Phone: 020 7381 7722 (callback)

Website: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic>

**Learning disabilities**

**Mencap**

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: [www.mencap.org.uk](http://www.mencap.org.uk/)

**Parenting**

**Family Lives**

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://familylives.org.uk/)

**Relationships**

**Relate**

The UK's largest provider of relationship support.

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

Page last reviewed: 28 September 2018  
Next review due: 28 September 2021

[Back to Mental health and wellbeing](https://www.nhs.uk/conditions/stress-anxiety-depression/)

**Mental health and wellbeing**

**Help with stress, anxiety or depression**

* [Stress](https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/)
* [Anxiety, fear and panic](https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/)
* [Low mood, sadness and depression](https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/)

**Help with other common feelings**

* [Feeling lonely](https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/)
* [Grief after bereavement or loss](https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/)
* [Anger](https://www.nhs.uk/conditions/stress-anxiety-depression/controlling-anger/)

**I'm not sure how I feel**

* [Mood self-assessment](https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/)

**Your mental wellbeing**

* [5 steps to mental wellbeing](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)
* [Mindfulness](https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/)
* [Mental wellbeing audio guides](https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/)

**Improve low mood**

* [How to be happier](https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/)
* [Raising low self-esteem](https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/)

**Reduce stress**

* [10 stress busters](https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/)
* [Breathing exercise for stress](https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/)
* [Easy time-management tips](https://www.nhs.uk/conditions/stress-anxiety-depression/time-management-tips/)
* [How to cope with money worries](https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-financial-worries/)

**Depression support**

* [Tips for coping with depression](https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/)
* [How to help someone with depression](https://www.nhs.uk/conditions/stress-anxiety-depression/signs-someone-is-depressed/)
* [Exercise for depression](https://www.nhs.uk/conditions/stress-anxiety-depression/exercise-for-depression/)

**Mental health at work**

* [Bullying at work](https://www.nhs.uk/conditions/stress-anxiety-depression/bullying-at-work/)
* [Going to work after mental health issues](https://www.nhs.uk/conditions/stress-anxiety-depression/returning-to-work-after-mental-health-issues/)

**Talking therapies and counselling**

* [Types of talking therapies](https://www.nhs.uk/conditions/stress-anxiety-depression/types-of-therapy/)
* [Benefits of talking therapy](https://www.nhs.uk/conditions/stress-anxiety-depression/benefits-of-talking-therapy/)
* [Self-help therapies](https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/)
* [NHS talking therapies](https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/)

**Helplines and support groups**

* [Depression support groups](https://www.nhs.uk/conditions/stress-anxiety-depression/depression-help-groups/)
* [Mental health issues if you're gay, lesbian, bisexual or trans](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-issues-if-you-are-gay-lesbian-or-bisexual/)
* [Loneliness in older people](https://www.nhs.uk/conditions/stress-anxiety-depression/loneliness-in-older-people/)
* [Loneliness in the elderly: how to help](https://www.nhs.uk/conditions/stress-anxiety-depression/loneliness-in-the-elderly-how-to-help/)

**Children's mental health**

* [Talking to children about feelings](https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/)
* [Depression in children and young people](https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/)
* [Anxiety in children](https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/)
* [Dealing with child anger](https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/)
* [Children and bereavement](https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/)

**Teen mental health**

* [Worried about your teenager?](https://www.nhs.uk/conditions/stress-anxiety-depression/worried-about-your-teenager/)
* [Talking to your teenager](https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-your-teenager/)
* [Teen aggression and arguments](https://www.nhs.uk/conditions/stress-anxiety-depression/teen-aggression-and-arguments/)
* [Coping with your teenager](https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-your-teenager/)
* [Bereavement and young people](https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/)

**Student mental health**

* [Counselling for student mental health problems](https://www.nhs.uk/conditions/stress-anxiety-depression/student-mental-health/)
* [Student stress: self-help tips](https://www.nhs.uk/conditions/stress-anxiety-depression/student-stress/)
* [Tips on preparing for exams](https://www.nhs.uk/conditions/stress-anxiety-depression/tips-on-surviving-exams/)
* [Help your child beat exam stress](https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/)

**Support links**

* [NHS sites](https://www.nhs.uk/nhs-sites/)
* [About us](https://www.nhs.uk/about-us/)
* [Contact us](https://www.nhs.uk/contact-us/)
* [Profile editor login](https://www.nhs.uk/personalisation/login.aspx)
* [Sitemap](https://www.nhs.uk/about-us/sitemap/)
* [Accessibility statement](https://www.nhs.uk/accessibility-statement/)
* [Our policies](https://www.nhs.uk/our-policies/)
* [Cookies](https://www.nhs.uk/our-policies/cookies-policy/)

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