

## **Mental Health Helplines/Charities**

### **NHS Urgent Helpline for Mental Health related issues: 111**

Offers:

- ⊗ 24/7 help
- ⊗ Speak to a professional
- ⊗ Provide access to further help
- ⊗ <https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/charity-and-voluntary-services/get-help-from-mental-health-helplines/>

### **CALM (Campaign Against Living Miserably): 0800 58 58 58**

Offers:

- ⊗ Provide helpline and webchat
- ⊗ Daily from 5pm to midnight
- ⊗ [www.thecalmzone.net](http://www.thecalmzone.net)

### **Mind: 0300 123 3393**

Offers:

- ⊗ Offers help and funding to people with mental health problems
- ⊗ Monday – Friday 9am – 6pm
- ⊗ [www.mind.org.uk](http://www.mind.org.uk)

### **SANE**

Offers:

- ⊗ Online peer support forum [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)
- ⊗ Provide support, guidance, and information
- ⊗ Text care – talk with someone via text