The Happiful Helpline Guide

How and where to access mental health support by Happiful Magazine

CRISIS SUPPORT

- **If you are in crisis and are concerned for your own safety, call 999, or go to A&E**
- **Call Samaritans on 116 123 or email them on jo@samaritans.org**

General lines

SANEline – offers support and information | **0300 304 7000**

Mind – support and information, and where to get help
0300 123 3393 | *info@mind.org.uk*

CALM – The Campaign Against Living Miserably (CALM) is a support line for men | **0800 58 58 58**

Switchboard – A line for LGBT+ support
0300 330 0630

The Silver Line – for those aged over 55 | **0800 4708 090**

Childline – A confidential line for children if they need help or advice
0800 1111

Abuse

National Domestic Violence Freephone Helpline – Run in partnership between Refuge and Women's aid
0808 2000 247
nationaldomesticviolencehelpline.org.uk

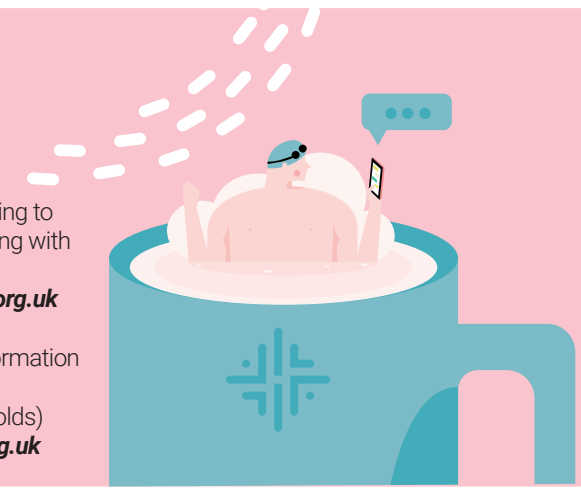
Addiction

Alcoholics Anonymous – A helpline for those with alcohol issues, staffed by recovering alcoholics
0800 9177 650
alcoholics-anonymous.org.uk

Anxiety

Anxiety UK – A charity working to relieve and support those living with anxiety **03444 775 774**
07537 416 905 | *anxietyuk.org.uk*

No Panic – Support and information
0844 967 4848
Youth Helpline (13–20-year-olds)
0330 606 1174 | *nopanic.org.uk*



Bereavement

The Bereavement Trust – A charity supporting people through grief
0800 435 455 | *bereavement-trust.org.uk*

Bipolar Disorder

Bipolar UK – Advice and support
0333 323 3880 | *bipolaruk.org*

Borderline personality disorder (BPD)

BPD World – For information about BPD, and to search for support groups and help
bpdworld.org

Counselling

Counselling Directory – Search for counsellors in your area
counselling-directory.org.uk

Depression

Depression UK – Support and friendship for anyone effected by depression
depressionuk.org

1 in 4
people in the UK will experience a mental health problem each year

Eating Disorders

Beat Eating Disorders – Beat offers support and information for those living with eating disorders

Adult helpline: **0808 801 0677**
help@beateatingdisorders.org.uk
Studentline: **0808 801 0811**
studentline@beateatingdisorders.org.uk
Youthline: **0808 801 0711**
fyp@beateatingdisorders.org.uk

Live 1-2-1 webchats are available

Financial Crisis

Stepchange Debt Charity – Providing comprehensive debt advice
stepchange.org



Hypnotherapy

Hypnotherapy Directory – Find a hynotherapist in your area
hypnotherapy-directory.org.uk

LGBT+ Support

Stonewall – Find information and support near you
08000 50 20 20 | *stonewall.org.uk*

Maternal Mental Health

Maternal Mental Health Alliance
Care, support and information for women during pregnancy and in the years after giving birth
maternalmentalhealthalliance.org

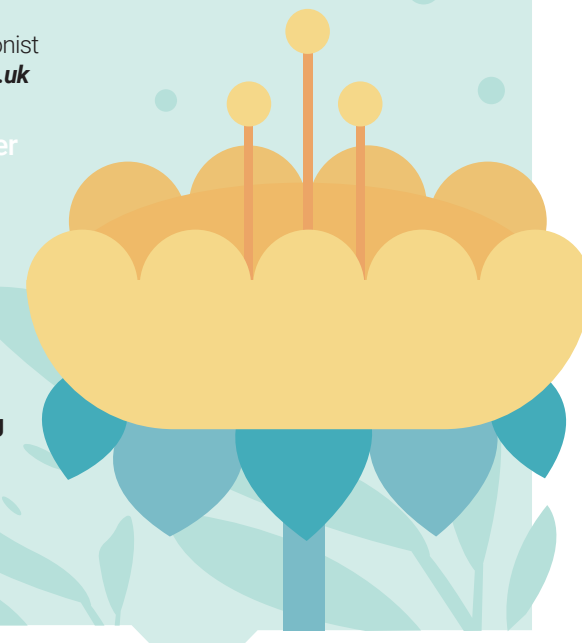
Nutrition

Nutritionist Resource – Find a nutritionist in your area | ***nutritionist-resource.org.uk***

Obsessive-compulsive disorder

OCD Action – Support and advice for those living with OCD
0845 390 6232 | 020 7253 2664
support@ocdaction.org.uk

OCD-UK – For children and adults affected by Obsessive-Compulsive Disorder (OCD)
03332 127 890 | support@ocduk.org



Post-traumatic Stress Disorder

PTSD UK–Information and guidance on where to get help for PTSD.
ptsduk.org

ASSIST Trauma Care– ASSIST Trauma Care offers support for adults and children, individuals and families, affected by a wide range of traumatic occurrences.
01788 560800



Schizophrenia

Living with Schizophrenia UK – Support and information for anyone living with schizophrenia | ***livingwithschizophreniauk.org***

YoungMinds – 24/7 mental health support for those in crisis | Text YM to 85258 for urgent help | ***youngminds.org.uk***

Therapy

Therapy Directory– Search for therapists in your area | ***therapy-directory.org.uk***

It's never overreacting to ask for what you want and need
- Amy Peohler

Please check individual websites for operating hours | For more information and help visit happiful.com

The Happiful

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