

Helplines 24/7

Campaign Against Living Miserably (CALM)

Call 0800 58 58 58 or visit thecalmzone.net

Listening services, information and support for anyone who needs to talk, including a web chat.

Childline

Call 0800 1111 (free, 24/7) or visit childline.org.uk

National Domestic Abuse Helpline

Call 0808 2000 247 (free 24/7) or visit nationaldahelpline.org.uk

Free, in confidence telephone support 24/7 for anyone who is experiencing or is a survivor of Domestic Abuse.

National Suicide Prevention Helpline UK

Call 0800 689 5652 or visit spuk.org.uk

Helpline offering a supportive listening service to anyone with thoughts of suicide. Open from 6pm to midnight every day. If you are unable to connect to the main number above you can call 0800 689 0880.

Papyrus HOPELINEUK

Call 0800 068 41 41, text 07860039967, email pat@papyrus-uk.org or visit papyrus-uk.org

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open 24 hours, 7 days a week.

Relay UK

Visit relayuk.bt.com

Talk/type relay service for anyone who has difficulty hearing or being understood when speaking over the phone. The cost of making phone calls through this service depends on your telephone service provider.

Samaritans

Call 116 123 (free 24/7) or visit samaritans.org

Whatever you're going through, you can call any time, from any phone for free.

Shout

Text SHOUT to 85258 or visit giveusashout.org

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

The Mix

Call 0808 808 4994 or text THEMIX to 85258 (free) or visit themix.org.uk

Free, confidential support and advice for under 25s in the UK.

Young Minds

Text YM to 85258 (free 24/7) or visit youngminds.org.uk

Free, confidential 24/7 text support for young people experiencing a mental health crisis

Helplines - time limited

Grief Encounter

Call 0808 802 0111 (free) or visit griefencounter.org.uk

Free confidential, emotional support to young people affected by grief. Open weekdays 9am – 9pm.

Mood Swings

Call 0161 832 37 36, email info@moodswings.org.uk or visit moodswings.org.uk

Aimed at anyone affected by a mood disorder, including friends, families and carers. The helpline is open 10am to 4pm Monday to Friday.

Sane Line

Call 0300 304 7000 or visit sane.org.uk

Services for anyone affected by mental illness, including families, friends and carers. The helpline is open between 4:40pm and 10pm every day of the year. They also provide a free text support and have a supportive forum community.

Silverline

Call 0800 4 708090 or visit thesilverline.org.uk

Aimed at people over 55. The helpline is open 24 hours a day, every day of the year.

Support Line

Call 01708 765200, email info@supportline.org.uk or visit supportline.org.uk

Confidential telephone helpline offering emotional support to any individual on any issue. Opening hours vary so contact them for details.

Switchboard

Call 0800 0119 100, email hello@switchboard/lgbt or visit switchboard.lgbt

Listening services, information and support for lesbian, gay, bisexual and transgender people. Open 10am – 10pm.

[Search Directories](#)

Helplines Partnership

Visit [helplines.org](https://www.helplines.org)

Membership body for helplines in the UK. Includes a searchable directory of services.

Hub of Hope

Visit [hubofhope.co.uk](https://www.hubofhope.co.uk)

UK-wide mental health service database - search for local, national, peer, community, charity, private and NHS mental health support.

Mind Recovery Net

Visit [mindrecoverynet.org.uk](https://www.mindrecoverynet.org.uk)

Publishes information on recovery colleges, including a searchable list of providers.

Nightline Association

Visit [nightline.ac.uk](https://www.nightline.ac.uk)

Lists contact information for helplines and listening services in universities and colleges across the UK.

Rethink Mental Illness

Call 0808 801 0525 or visit [rethink.org](https://www.rethink.org)

Support and information for anyone affected by mental health problems, including local support groups.