

# Useful services

## MIND

The mental health charity.  
Offers information and advice to people with mental health problems.

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

## ANXIETY UK

Charity providing support for people who have been diagnosed with anxiety condition.

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

## MEN'S HEALTH FORUM

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

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

## NO PANIC

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

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

## SAMARITANS

Confidential support for people experiencing feelings of distress or despair.

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

**Phone:** 116 123 (free 24-hour helpline)

## BIPOLAR UK

A charity helping people living with bipolar disorder.

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

## SAMH

The Scottish Association for Mental Health. Operating in communities to provide a range of mental health support and services.

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

## SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers. Provides support via text message "Textcare".

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

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

## REFUGE

Charity providing advice and support for people dealing with domestic violence.

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

**Phone:** 0808 2000 247  
(24-hour helpline)

## 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.

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

**Phone:** 0800917 7650  
(24-hour helpline)

## DRINKAWARE

Provides independent alcohol advice, information and tools to help people make better choices about their drinking.

**Website:** [www.drinkaware.co.uk](http://www.drinkaware.co.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.

**Website:** [www.talktofrank.com](http://www.talktofrank.com)

**Phone:** 0300 1236600 (24-hour helpline)

**Text a question to:** 82111

## RELATE

The UK's largest provider of relationship support. Offers counselling services for every type of relationship nationwide

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

## NACOA

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.

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

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

## 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.

**Website:** [smartrecovery.org.uk](http://smartrecovery.org.uk)

**Phone:** 0330 053 6022  
(9am to 5pm Monday-Friday)

## FAMILY LIVES

Provides advice on all aspects of parenting, including dealing with bullying.

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

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

## BE GAMBLE AWARE

Offers free, confidential help for anyone who is worried about their or someone else's gambling.

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

**Phone:** 0808 1961 776 (11am-10pm)

## PANDAS FOUNDATION

Foundation provides support to people with pre (antenatal), postnatal depression or postnatal psychosis in England, Wales and Scotland.

**Website:** [pandasfoundation.org.uk](http://pandasfoundation.org.uk)

**Phone:** 0330 094 0322 (24-hour helpline)

## 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.

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

**Phone:** 0330 094 0322 (24-hour helpline)