**Support Helplines: Useful Contacts**

1. **Shout**

24/7 crisis helpline, free, UK text support service.

Website: <https://giveusashout.org>

Text ‘SHOUT’: 85258

Or

Text ‘DEAF’: 85258

1. **Mind**

Can support people with mental health problems, where to get help near you, treatment options and advocacy services.

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

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Phone: 0300 123 3393

1. **SignHealth**

The Deaf Health Charity, supporting individuals, families and children. Referrals and self-referrals can be made They offer different services:

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

General enquiry, Main Office

Text: 07966 976749

Email: [info@signhealth.org.uk](mailto:info@signhealth.org.uk)

Call: 020 3947 2600

Psychological Therapy team

Text: 07966 976747

Email: [therapy@signhealth.org.uk](mailto:therapy@signhealth.org.uk)

Call: 014 9468 7606

Domestic Abuse Team

Text or whatsapp/Facetime: 07970 350366

[da@signhealth.org.uk](mailto:da@signhealth.org.uk)

Call: 020 3947 2601

1. **BSL Healthy Access**

Delivering on demand BSL access within UK Health services. Providing online remote access with non-emergency health care settings.

Website: <https://bslhealthaccess.co.uk>

How to access: <https://bslhealthaccess.co.uk/howto/> *(can be used through the website or an app)*

1. **DeafPlus**

Offer one-to-one, confidential information and deaf advice services nationwide. Offer information and advice, advocacy, health and wellbeing, deaf support and deafblind VI support.

Website: <https://deafplus.info>

Book an appointment: <https://deafplus.info/book-an-appointment>

Phone: 020 7790 8478

Email: [adviceline@deafplus.org](mailto:adviceline@deafplus.org)

1. **MENCAP**

They aim to improve the lives of people with learning disabilities and their families in any area of a person's life that they may need support, including employment, education, and living independently.

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

Helpline

Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

Phone: 0808 808 1111

Online form: <https://www.mencap.org.uk/contact/contact_mencap_direct>

Help and advice in Northern Ireland

Email: [helpline.ni@mencap.org.uk](mailto:helpline.ni@mencap.org.uk)

Phone: 0808 808 1111 (option 2)

Help and advice in Wales

Email: [helpline.wales@mencap.org.uk](mailto:helpline.wales@mencap.org.uk)

Phone: 0808 8000 300

1. **Scope**

Disability equality charity and helpline in England and Wales.

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

Phone: 0808 808 3333

Textphone: dial 18001 then 0808 808 3333

Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)

Video calls with BSL interpreters available through InterpreterNow!: <https://www.scope.org.uk/british-sign-language-interpreters/>

Online support and advice: <https://www.scope.org.uk/advice-and-support/>

1. **RNIB**

Royal National Institute of Blind People.

Website: <https://www.rnib.org.uk/about-rnib/contact-us>

Phone: 0303 123 9999

Email: [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

Online contact form: <https://www.rnib.org.uk/about-rnib/contact-us>

Textphone: dial 18001 then 0303 123 9999

Information phone line: 0203 432 1488

1. **Disabled Students Helpline**

Helpline provides advice for disabled students who are studying in England.

Website: <https://www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline>

Phone: 0330 995 0414

Email: [students@diasbliityrightsuk.org](mailto:students@diasbliityrightsuk.org)

1. **Galop**

Support all LGBT+ people who’ve experienced hate crime, domestic abuse or sexual violence.

Website: <http://www.galop.org.uk>

Phone: 0800 999 5428

Email: [advice@galop.org.uk](mailto:advice@galop.org.uk)

Online form: <http://www.galop.org.uk/report/>

1. **Stonewall**

There to support LGBT+ community to know they’re not alone

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

Online: <https://www.stonewall.org.uk/contact-us>

Phone: 0300 330 0630

Email: [info@stonewall.org.uk](mailto:info@stonewall.org.uk)

1. **LGBT Switchboard**

Provides a one-stop listening service for LGBT+ people

Website: <https://switchboard.lgbt>

Phone: 0300 330 0630

Email: chris@switchboard.lgbt

Live chat: <https://switchboard.lgbt>

1. **NHS Talking Therapies**

NHS support for anyone struggling with mental health. Also known as IAPT (improving access to psychological therapies).

Website: <https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/?gclid=CjwKCAiAq8f-BRBtEiwAGr3DgYJR7C-Z9NCOaeKN5z1fPVWl_2TY0C5CtFRlNFZjyAOMtgTs3jJdXRoCGbIQAvD_BwE&gclsrc=aw.ds>

Online referral: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

1. **Anxiety UK**

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

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

Phone: 03444 775 774

Text: 07537 416 905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

Live chat: <https://www.anxietyuk.org.uk/get-help/live-chat/>

1. **Bipolar UK**

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

Website: <https://www.bipolaruk.org>

Email: [info@bipolaruk.org](mailto:info@bipolaruk.org)

1. **CALM**

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

Website: <https://www.thecalmzone.net>

Phone: 0800 58 58 58

Live Chat: <https://www.thecalmzone.net/help/webchat/>

1. **Men’s Health Forum**

24/7 stress support for men.

Website:<https://www.menshealthforum.org.uk/beatstress.uk>

Phone: 020 7922 7908

Online email/contact form: <https://www.menshealthforum.org.uk/contact>

1. **Samaritans**

Offer emotional support 24 hours a day.

Website: <https://www.samaritans.org>

Phone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Self help app: <https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/>

1. **No Panic**

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers to help overcome your phobia or OCD.

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

Phone: 0300 772 9844

Email: [sarah@nopanic.org.uk](mailto:sarah@nopanic.org.uk)

1. **Rethink Mental Illness**

Support and advice for people living with mental illness.

Website: <https://www.rethink.org>

Phone: 0300 5000 927

Email: [info@rethink.org](mailto:info@rethink.org)

1. **Papyrus**

Young suicide prevention society.

Website: <https://www.papyrus-uk.org>

Phone: 0800 068 4141

Text: 07860 039 967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

1. **SANE**

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

Website: <http://www.sane.org.uk/support>

Phone: 0300 304 7000

Textphone: <http://www.sane.org.uk/textcare>

1. **YoungMinds**

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

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

Phone: 0808 802 5544

Mailing list: <https://youngminds.org.uk/contact-us/keep-in-touch/>

1. **BEAT**

Support for people living with eating disorders.

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

Phone: 0808 801 0677

Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

BSL Interpreter can be provided through language line.

1. **Mood Swings**

Aimed at anyone affected by a mood disorder, including friends, family and carers.

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

Phone: 0161 832 3736

Email: [info@moodswings.org.uk](mailto:info@moodswings.org.uk)

1. **Judith Trust**

Supports people with learning disabilities and those struggling mental health, particularly within the Jewish community in the UK.

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

Phone: 020 7266 1073

Email: [info@judithtrust.org.uk](mailto:info@judithtrust.org.uk)

1. **United Response**

Supports people with learning disabilities, autism and mental health needs.

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

Phone: 0208 016 5678

Email: [getsupport@unitedresponse.org.uk](mailto:getsupport@unitedresponse.org.uk)

1. **Ask for Amy**

TBA. Will be launched end of this year (potentially start of next). New scheme where people can ask for confidential support by ‘asking for amy’ in pharmacies and other health centres.