

# Useful Contacts



## Every Mind Matters

Web: [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

Get expert advice and practical tips to help look after your mental wellbeing and make them part of your daily routine. There are small things we can all do to help be kind to your mind.



## Kooth

Web: [www.kooth.com](http://www.kooth.com)

An online mental wellbeing community providing free and anonymous support to people up to the age of 25. Here you will find articles, discussion boards, a daily journal and opportunity to chat with the kooth team.



## The Mix

Web: [www.themix.org.uk](http://www.themix.org.uk)

The UK's leading support service for young people up to the age of 25. The Mix are here to help you take on any challenges you are facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. You can talk to them via their online community, on social, through their free, confidential helpline or counselling service.



## Samaritans

Contact number: 116 123

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

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

Provides emotional support for anyone experiencing distress and challenging circumstances. They also have a self-help app which can help you keep track of how you're feeling and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.



## Shout 85258

Web: <https://www.giveusashout.org>

Provides a free, confidential, anonymous 24/7 text messaging support service for anyone who is struggling to cope, feeling anxious, stressed, depressed, suicidal, or overwhelmed and who needs immediate support. Text 'SHOUT;' to 85258.



## Cruse Bereavement Care

Helpline: 0808 808 1677

Web: <https://www.cruse.org.uk>

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers who offer emotional support to anyone affected by bereavement. They also offer CruseChat online service if you find it easier to write down how you are feeling. Daily opening hours are listed on the website.



## Mind

Contact number for infoline: 0300 123 3393

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

Helpline providing advice and support for anyone experiencing a mental health problem.



### **Family Action**

Contact number: 07984 967 708

Web: [Family Action, Building stronger families \(family-action.org.uk\)](https://www.family-action.org.uk)

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.



### **Alcoholics Anonymous**

Contact number: 0800 9177 650

Web: <https://www.alcoholics-anonymous.org.uk>

Providing help and support for those experiencing a drink problem. Online and in-person support available.



### **Refuge - Domestic Violence**

Contact number: 0808 2000 247

Web: <https://www.refuge.org.uk>

Provides advice and support for those experiencing abuse and violence. Including support in the community and support with finding safe, temporary accommodation.



### **Victim Support**

Contact number: 0808 1689 111

Web: <https://www.victimsupport.org.uk>

Provides free and confidential support for victims of crime through phone support and a live chat. Remember in an emergency you should always call 999.



### **Rape Crisis Centre**

Contact number 0808 500 2222

Web: <https://www.rapecrisis.org.uk>

Provides free and confidential emotional support service for women and girls who have experienced sexual violence whether it happened recently or a long time ago. There is a support line available all day and or night and on the website is a online chat.



### **Help through Hardship**

Contact number: 0808 2082138

Web: <https://www.moneyadviceservice.org.uk/en>

Provides free and impartial advice to those in England and Wales to address financial crisis and provide support to maximise income including advice on the benefits system. If needed they can issue a voucher to get emergency food parcel from your local food parcel. Opening hours are on the website.