

Specialist Support Signposting - Mental Health

Kintsugi Hope

Kintsugi Hope is a Christian charity based in the UK striving to make a difference to people's mental wellbeing. 'Kintsugi' (金継ぎ) is a Japanese technique for repairing pottery with seams of gold. They partner with local churches to run mental health wellbeing support groups for churches and their communities, and are currently running online groups in response to lockdown measures.

Phone: 01245 526077

Email: admin@kintsugihope.com

Website: kintsugihope.com

Mind and Soul Foundation

Exploring Christianity and mental health. Advice and support for mental and spiritual health and wellbeing.

Website: mindandsoulfoundation.org

Anxiety UK

A charity providing support if you've been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Mon to Fri, 9:30am to 5:30pm)

Website: anxietyuk.org.uk

Bipolar UK

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

Website: bipolar.org.uk

CALM

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

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: calmzone.net

Men's Health Forum

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

Website: menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon to Fri, 9am to 6pm)

Website: mind.org.uk

No Panic

A charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 390 6232 (Mon to Fri, 9:30am to 5pm)

Website: ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments

Phone: 0845 120 3778 (Mon to Fri, 9am to 5pm)

Website: ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: 0800 068 4141 (Mon to Fri, 10am to 5pm & 7pm to 10pm. Weekends 2pm to 5pm)

Website: papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Mon to Fri, 9:30am to 4pm)

Website: rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24 hour helpline)

Website: samaritans.org

SANE

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

SANEline: 0300 304 7000 (daily, 4:30pm to 10:30pm)

Textcare: comfort and care via text message: sane.org.uk/textcare

Peer support forum: sane.org.uk/supportforum

Website: sane.org.uk/support

YoungMinds

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

Phone: Parents' helpline 0808 802 5544 (Mon to Fri, 9:30am to 4pm)

Website: youngminds.org.uk