

Samaritans

Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

- www.samaritans.org
- 116 123 (free to call from within the UK and Ireland), 24 hours a day

Mind

Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends. Mind also has a [network of local associations in England and Wales](#) to which people can turn for help and assistance.

Lines are open Monday to Friday 9am to 6pm (except bank holidays). [More on Mind's Infoline opening hours over Christmas.](#)

- www.mind.org.uk
- InfoLine: [0300 123 3393](tel:03001233393) to call, or text 86463

Rethink Mental Illness

Rethink Mental Illness works to help everyone affected by severe mental illness, such as schizophrenia and bipolar disorder, recover a better quality of life. It provides effective services and support and campaigns for change through greater awareness and understanding.

- www.rethink.org
- National Advice Service: [0300 5000 927](tel:03005000927) (Open 9:30am to 4pm, Monday to Friday)
- Email advice@rethink.org

PAPYRUS UK

PAPYRUS is the national charity dedicated to the prevention of young suicide. They support young people under 35 who are experiencing thoughts of suicide, as well as people concerned about someone else.

Their HopelineUK service is open 9am - midnight every day of the year (including weekends and bank holidays).

- www.papyrus-uk.org
- Helpline: [0800 068 4141](tel:08000684141)
- Text: [07860039967](tel:07860039967)

YoungMinds

- www.youngminds.org.uk
- Parents helpline: [0808 802 5544](tel:08088025544) (Mon-Fri from 9.30am to 4pm, excluding bank holidays)
- YoungMinds Crisis Messenger: text YM to 85258 (available 24/7)

Campaign Against Living Miserably (CALM)

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

- www.thecalmzone.net

- Helpline: [0800 58 58 58](tel:0800585858)
 - Webchat: www.thecalmzone.net/help/webchat/
- 5pm to midnight, every day of the year

Sane

SANE services provide practical help, emotional support and specialist information to individuals affected by mental health problems, their family, friends and carers.

- Support Forum: www.sane.org.uk
 - Call [07984 967 708](tel:07984967708) and leave a message, giving your first name and a contact number, and someone will call you back as soon as possible
 - Saneline: [0300 304 7000](tel:03003047000) (currently unavailable)
 - Textcare: http://www.sane.org.uk/what_we_do/support/textcare/
- *Christmas update* Sane's [Textcare service](#) will have a delayed response time from December 14th for up to two weeks.

HULLO - <https://www.hullo.org/>

say hullo 0800 001 4455

We are a national non-profit organisation. Conversation is at the heart of everything we do. You can chat with our volunteers about anything at all.

Our phone lines are open every day from 9am to 9pm.

You can chat with us as often as you like for as much as twenty minutes each time.

Hullo is all about safe, relaxed, everyday conversation. We're not a medical or mental health organisation, counselling service or helpline. But we work in partnership with other charities and can refer you to them if you're in need of specialist help and advice.