


Mental Health Support Charities



Mind provides support, advice, and campaigns for mental health.


www.mind.org.uk

 0300 123 3393



Samaritans offer emotional support to people in distress through a 24/7 helpline.


www.samaritans.org

 116 123



Calm focuses on preventing male suicide and supporting mental well-being.

www.thecalmzone.net

 0800 58 58 58



Shout provides 24/7 free confidential text support for all.

giveusashout.org

 85 258



Rethink Mental Illness provides practical support, information, and advocacy. They aim to improve the lives of individuals affected by mental health conditions.

www.rethink.org



MindOut offers mental health support for LGBTQ+ individuals.


www.mindout.org.uk

 0300 772 9855 & Online live chat



Cruse provides bereavement support to people suffering from grief.

www.cruse.org.uk

 0808 808 1677



5 Steps to Mental Wellbeing - Mind



Mental Health UK provides support so people live their best possible life at home and work.

mentalhealth-uk.org
24/7 Online peer support