


# Mental Health Support Charities



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


[www.mind.org.uk](http://www.mind.org.uk)

 0300 123 3393



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


[www.samaritans.org](http://www.samaritans.org)

 116 123



Focuses on preventing male suicide and supporting mental well-being.

[www.thecalmzone.net](http://www.thecalmzone.net)

 0800 58 58 58



24/7 free confidential text support for all.

[giveusashout.org](http://giveusashout.org)

 85 258



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

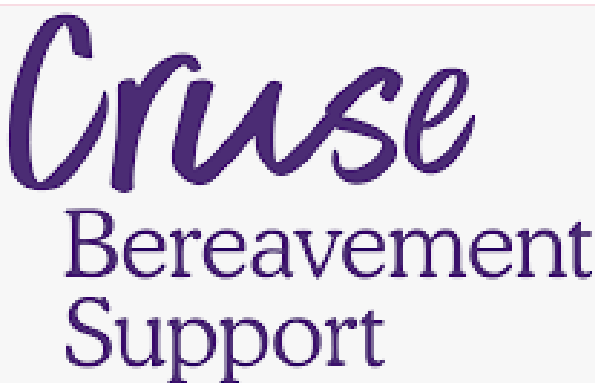
[www.rethink.org](http://www.rethink.org)



Offers mental health support for LGBTQ+ individuals.


[www.mindout.org.uk](http://www.mindout.org.uk)

 0300 772 9855 & Online live chat



Cruse provide bereavement support to people suffering from grief.

[www.cruse.org.uk](http://www.cruse.org.uk)

 0808 808 1677



**5 Steps to Mental Wellbeing - Mind**



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

[mentalhealth-uk.org](http://mentalhealth-uk.org)  
24/7 Online peer support