

Organisations	Website address	Telephone Number
Carers UK	www.carersuk.org	020 7378 4999
Child & Maternal Health Intelligence Network	www.chimat.org.uk	0207 922 7715
Department of Health	www.dh.gov.uk	
Early Intervention Foundation	www.eif.org.uk	020 3542 2481
Mental Health Foundation	www.mentalhealth.org.uk	020 7803 1101
MHFA England	www.mhfaengland.org	
MIND	www.mind.org.uk	0300 123 3393
Rethink Mental illness	www.rethink.org	0300 5000 927
Samaritans	www.samaritans.org	1160123
The Assn of Young People's Health (AYPH)	www.youngpeopleshealth.org.uk	
Time to Change	www.time-to-change.org.uk	
Young Minds	www.youngminds.org.uk	0207 3368445
DEPRESSION		
CALM (Campaign Against Living Miserably)	www.thecalmzone.net	0800 585858 (Sat-Tues 5pm-midnight)
Charlie Waller Memorial Trust	www.cwmt.org.uk	01635 869 754
Childline	www.childline.org.uk	0800 1111
Depression Alliance	www.mind.org	0845 123 23 20
The Mix	www.themix.org.uk	0808 808 4994
MIND	www.mind.org.uk	Info line 0300 123 3393 (Mon to Fri 9am-5pm)
MindFull	www.mindful.org	
Students against Depression	www.studentsagainstdepression.org	
Talk Don't Walk	www.therelationshipcentre.co.uk/talkdontwalk	01925 246 910
Youngminds	www.youngminds.org.uk	020 7089 5050
Youth2Youth	www.youth2youth.co.uk	020 8896 3675
Youthhealthtalk!	www.youthhealthtalk.org	
ANXIETY		
Anxiety UK	www.anxietyuk.org.uk	08444 775774 Mon-Fri 9.30-5.30
British Association for Behavioural and Cognitive Therapists	www.babco.com	0161 7054304
CBT Online	www.getselfhelp.co.uk	
No Panic	www.nopanic.org.uk	Helpline 0844 967 4848 Youth line 0330 606 1174
OCD Action	www.ocdaction.org.uk	0845 390 6232
OCD-UK	www.ocduk.org	0845 120 3778
Tutorful	https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety	

SUICIDE AND PSYCHOSIS		
ASIST (Applied Suicide Intervention Skills Training)	www.livingworks.net	
CALM (Campaign against men living miserably)	www.thecalmzone.net	0800 58 58 58
Charlie Waller Memorial Trust	www.cwmt.org	01635 869 754
Youth Health Talk online	www.youthhealthtalkonline.org	
MIND	www.mind.org.uk	0300 123 3393
MindFull	www.mindful.org	
PAPYRUS (Parents Association for the Prevention of Young Suicide)	www.papyrus-uk.org	0800 068 4141
Samaritans	www.samaritans.org	116 123
Saneline	www.sane.org.uk	0300 304 7000
Stamp Out Suicide	www.stampoutsuicide.org.uk	
Students Against Depression	www.studentsagainstdepression.org	
Survivors of Bereavement by Suicide (SOBS)	www.uk-sobs.org.uk	0300 111 5065
Young Minds Parents Helpline	www.youngminds.org.uk/for_parents/Parent_helpline	0808 802 5544
Early Intervention in Psychosis		
BipolarUK	www.bipolaruk.org.uk	0333 323 3880
Hearing Voices Network	www.hearing-voices.org	0114 271 8210
Mental Health Care	www.mentalhealthcare.org.uk	01824 790600
Voice Collective	www.voicecollective.co.uk	020 7911 0822
ADDICTION and SUBSTANCE MISUSE		
Addaction	www.addaction.org.uk	020 7251 5860
Adfam	www.adfam.org.uk	0207 553 7640
Alcohol Concern	www.alcoholconcern.org.uk	0207 566 9800
Drinkaware	www.drinkaware.co.uk	020 7766 9900
Drinkline		0300 123 1110
Narcotics anonymous UK	www.ukna.org	0300 999 1212
Talk to FRANK	www.talktofrank.com	0300 123 6600
Self Harm and Eating Disorders		
Anorexia and Bulimia Care (ABC)	www.anorexiabulimiare.org.uk	0300 011 1213
Beat (Beating eating disorders)	www.b-eat.co.uk	Helpline 0345 634 1414 Youthline 0345 634 7650
Men Get Eating Disorders Too	www.mengetedstoo.co.uk	
Harmless	www.harmless.org.uk	
Self Harm UK	www.selfharm.co.uk	
Student Minds	www.studentminds.org.uk	
The Royal College of	www.rcpsych.ac.uk	

Psychiatrists		