

Support Services

Coronavirus (COVI-19)

Service	Website	Phone Number / Email	Opening Hours (by phone)
Samaritans	www.samaritans.org	116 123	24 hours (7 days)
Sane Line	www.sane.org.uk	0300 304 7000	4.30-10.30pm (7 days a week)
Mind	www.mind.co.uk	0300 123 3393	9am-6pm (Mon-Fri)
Rethink Advice and Information Service	www.rethink.org	0300 123 3393	9.30am-4pm (Mon-Fri)
Refuge	www.refuge.org.uk	0808 200 0247	24 hours (7 days)
Survivors UK	www.survivorsuk.org	0203 598 3898	9.30am-5pm (Mon-Fri)
Alcoholics Anonymous	www.alcoholics-anonymous.org.uk	0800 917 7650	9am-5pm (Mon-Thurs) 4.30pm (Friday)
Talk to Frank	www.talktofrank.com	0300 123 6600	24 hours (7 days)
Anxiety UK	www.anxietyuk.org.uk	0844 477 5774	9am-5.30pm (Mon-Fri)
Combat Stress	www.combatstress.org.uk	0800 138 1619	9am-4.30pm (Mon-Fri)
Help for Heroes	www.helpforheroes.org.uk	0198 084 4280	9am-5pm (Mon-Fri)
Bereavement Advice Centre	www.bereavementadvice.org	0800 634 9494	9am-5pm (Mon-Fri)
Carers Trust	www.carers.org	0844 800 4361	9am-4pm (Mon-Fri)
Money Advice Service	www.moneyadviceservice.org.uk	0800 138 7777	9am-5pm (Mon-Fri)
Depression UK	www.depressionuk.org	info@depressionuk.org	Few days response
NHS Choices	www.nhs.uk	0300 311 22 33	9am-5pm (Mon-Fri)
Age UK	www.ageuk.org.uk	0800 169 2081	8am-7pm (7 days)
Harmless	www.harmless.org.uk	info@harmless.org.uk	48-hour response
CALM	www.thecalmzone.net	0800 585 858	5pm -Midnight (7 days)

Crisis Support and Help Lines

If you, or someone you know is in mental health crisis and needs medical help fast:

- Ring 999 to contact emergency services
- Go to your nearest Accident and Emergency (A&E) department

If it is not a medical emergency, but you still need urgent help:

- Ring 111 for professional health advice and where to access appropriate health services
- Call your GP for a remote appointment