

Helplines, Websites & Apps for Help & Support in Issues affecting Wellbeing and Mental Health

Collated and published by The Guild of All Souls, an Anglican charity founded 150 years ago and open to any who share its aims, praying and caring for the sick, dying, departed and bereaved.

The following is offered in good faith, but The Guild of All Souls takes no responsibility for the content offered by other charities and organisations.

Mental Health

Hub of Hope

<https://hubofhope.co.uk/>

An interactive site with an extensive list of support services in your locality.

Mind

<https://www.mind.org.uk/>

Access to information and support if you or someone you are supporting has a mental health problem.

Rethink

<https://www.rethink.org/>

Improving the lives of people severely affected by mental illness through a network of local groups and services, expert information and campaigning.

Space to Breathe

<https://spacetobreatheuk.com/>

Tools to help you flourish in everyday life.

Renew Wellbeing

<https://www.renewwellbeing.org.uk/>

a) Provides information, inspiration, training and ongoing support to local churches; b) Developing a simple national strategy for many small safe spaces to be made available through churches and councils working together.

Suicide prevention

Local Mental Health crisis line

Check your local council website, where there is usually a support page with links to a suicide prevention plan and local mental health support services.

Samaritans

<https://www.samaritans.org/about-samaritans/>

Call 116 123 (free) to speak to a Samaritan: available 24/7. Samaritans' purpose is to be there for people struggling to cope. You can also download the self-help app or email jo@samaritans.org (response time 24 hrs).

Shout

<https://giveusashout.org/>

Text 85258. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Call 999 for life-threatening emergencies

Call 111 for urgent medical help from the NHS

Suicide prevention UK

<https://www.spuk.org.uk/>

Helpline 0800 689 5652

Self-harm

Calm Harm

<https://calmharm.co.uk/homepage/> Free App for Apple and Android.

The urge to self-harm is like a wave, feeling most powerful when you start wanting to do it. Choose activities from categories: Comfort, Distract, Express Yourself, Release, and Random. Plus a breathing exercise to help you be mindful, stay in the moment, regulate difficult emotions & reduce tension.

Rethink

(see also under Mental Health)

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/>

Depression

Depression UK

<https://www.depressionuk.org/>

Promotes mutual support between individuals affected by or at risk from depression, to encourage self-help, recovery and personal growth, enabling members to share thoughts and problems with fellow sufferers.

NHS

<https://www.nhs.uk/mental-health/conditions/clinical-depression/overview/>

Anxiety

<https://www.anxietyuk.org.uk/>

We offer an extensive range of support services designed to help you to control your anxiety rather than letting it control you.

Eating disorders

Beat Eating Disorders

<https://www.beateatingdisorders.org.uk/>

We are the UK's eating disorder charity, whose mission is to end the pain and suffering caused by eating disorders.

Children/ young people

Young minds

<https://www.youngminds.org.uk/>

Offers help whether you want to understand more about how you're feeling and find ways to feel better, or support someone else who's struggling.

Childline

<https://www.childline.ie>

The Childline 24-Hour Support Line is one of the services provided by the ISPC and is available for all young people, aged 18 years and younger.

Kooth

<https://www.kooth.com/>

Articles, discussion boards, chat with the team and daily journal, online or via an app with signposting to crisis support.

Older people

Silverline

<https://www.thesilverline.org.uk/>

Call 0800 470 8090. A free, confidential telephone service just for older people, providing friendship, conversation and support 24 hrs, 7 days a week.

Age UK

<https://www.ageuk.org.uk/>

Hourglass

<https://wearehourglass.org/hourglass-services>

Our confidential services provide information and support to an older person or anyone concerned about an older person who is at risk of, experiencing or recovering from any form of abuse or neglect.

Hoarding

Hoarding Disorders UK

<https://hoardingdisordersuk.org/>

Supporting people who are affected not only by hoarding and clutter but also chronic disorganisation. Provides practical hands-on help within people's homes and a person-centred approach to each individual. We understand that hoarding is a very complex issue and each case is unique.

Debt/ money

Christians against poverty

<https://capuk.org/>

Provides a range of free professional services across the UK through local churches for help to get out of debt, find a job or gain vital life skills.

Citizens Advice

<https://www.citizensadvice.org.uk/>

Free advice and resources including benefits, work, debt and money, consumer, family, housing, law and courts, immigration and health.

National Debtline

<https://nationaldebtline.org/>

National Debtline is a charity. We give free and independent debt advice over the phone and online.

Addiction

Narcotics Anonymous

<https://ukna.org/>

If you have a problem with drugs, Narcotics Anonymous is a community of recovering drug addicts who can help you get and stay clean.

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/>

If you have a problem or your drinking has reached the point of worrying you. Details of local meetings or AA recovery programme. Free Helpline: 0800 9177650, online chat or email help@aamail.org

<https://al-anonuk.org.uk/>

Al-Anon provides support for families, friends and anyone affected by someone else's drinking: 0800 0086811.

Gamblers anonymous

<https://www.gamblersanonymous.org.uk/>

A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others do the same.

Your local council should also be able to direct you to local services.

Abuse

Your local authority will offer a variety of courses, how to spot and refer concerns. This is a good way to get to know other professionals who can offer support and advice. Search 'child and adult safeguarding' on their website.

CEOP

<https://www.ceop.police.uk/safety-centre>

CEOP help children stay safe online and you can report if anybody acts inappropriately towards you or another young person online (such as sexual chat, or being asked to do something that makes you feel uncomfortable).

Safe Spaces

<https://www.safespacesenglandandwales.org.uk/>

The service continues to be independent of the Church of England and the Catholic Church in England and Wales and provides trauma-informed information, emotional support and advocacy.

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/>

Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

Grief and loss

Cruse Bereavement Care

www.cruse.org.uk Helpline: 0808 808 1677

Offers free, confidential help to bereaved people: booklets on coping with grief can be downloaded on-line and printed.

Widowed Young Support

<https://www.careforthefamily.org.uk/support-for-you/family-life/bereavement-support/widowed-young-support/>

Helpline: 029 2081 0800

Part of the national charity 'Care for the Family', it supports those who have been widowed under 50, or older if there are young children at home.

WAY Widowed and Young

www.widowedandyoung.org.uk

Young widowed men and women supporting each other across the UK.

Survivors of Bereavement by Suicide

www.uk-sobs.org.uk Helpline: 0300 111 5065 (09.00 – 21.00)

Offers emotional and practical support to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

SAMM (Support after murder or manslaughter)

www.samm.org.uk Helpline: 0121 472 2912

A national organisation offering support for anyone bereaved as a result of murder or manslaughter and information on how to support the traumatically bereaved.

For bereaved children, young people & their families

Hope Again (young people living after loss)

<http://hopeagain.org.uk/> Freephone: 0808 808 1677 (Mon-Fri 09.30 – 17.00)

Cruse Bereavement Care's website for young people.

Winston's Wish

www.winstonswish.org.uk

Freephone: 08088 020 021

Supports bereaved children and young people up to age 18 with helpline, resources and activities: offers practical support and guidance to families, professionals and anyone concerned about a grieving child or young person.

The Childhood Bereavement Network (CBN)

www.childhoodbereavementnetwork.org.uk

A hub for those supporting bereaved children. Hosted by the National Children's Bureau, it provides information and online resources for professionals, parents and children, plus a directory of local bereavement organisations.

When a child has died

Child Bereavement UK

www.childbereavementuk.org Support & information line: 0800 02 888 40

Supports families and educates professionals when a child of any age dies or is dying and when a child is facing bereavement.

The Compassionate Friends (TCF)

www.tcf.org.uk

Helpline: 0345 123 2304 (daily 10.00 – 16.00; 19.00 – 22.00)

Offers compassion, friendship and support for bereaved parents, siblings and grandparents after a child dies. The Helpline is always answered by a bereaved parent.

Child Death Helpline

www.childdeathhelpline.org.uk Freephone 0800 282 986

(daily 19.00 – 22.00; Mon, Thur, Fri 10.00-13.00; Tue & Wed 10.00-16.00)

A helpline for anyone affected by the death of a child from prebirth to adult, however recently or long ago: accepts calls in any language; always answered by a bereaved parent. Information packs and leaflets available.

Bereaved Parents Network

www.careforthefamily.org.uk/bpn Tel: 029 2081 0800

Part of the national charity 'Care for the Family', it offers support, online resources and a befriending service to those who have lost a child of any age and in any circumstance. Also provides information to those offering support.

Lullaby Trust

www.lullabytrust.org.uk

Freephone: 0808 802 6868

Supports families whose babies have died suddenly and unexpectedly: offers support when bereaved families subsequently have babies.

SANDS (Stillbirth & Neonatal Death Charity)

<https://www.sands.org.uk/>

Helpline: 0808 164 3332

(Mon-Fri 10.00 – 15.00 + Tue & Thur 18.00 – 21.00)

Offers support to families in which a baby has died during pregnancy or after birth, whether recently or long ago, & advises those caring for these people.

Miscarriage Association

www.miscarriageassociation.org.uk

Helpline: 01924 200799 (Mon-Fri 09.00 - 16.00)

Support for those who have been affected by the loss of a baby in pregnancy, whether recently or long ago.



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