


Supporting Organisations - Mental Health

Name of Organisation	Target Audience	Remit / Purpose	Website	Helpline / Infoline Number	General contact number	Email Address
Anxiety UK	Anxiety	Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy	http://www.anxietyuk.org.uk	8444 775 774	0161 226 7727	info@anxietyuk.org.uk
No Panic	Anxiety		www.nopanic.org.uk	0800 138 8889		
Cruse Bereavement Care	Bereavement	Somewhere to turn when someone dies	www.cruse.org.uk	0844 477 9400		
Bipolar UK	Bipolar	Support, services	www.bipolaruk.org.uk			youth@bipolaruk.org.uk
Macmillan Cancer Support	Cancer	Support for people with cancer, and families	www.macmillan.org.uk	0808 808 00 00		

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The National Association for Children of Alcoholics	Children of Alcoholics	Charity to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.	http://www.nacoa.org.uk/	0800 358 3456	0117 924 8005	admin@nacoa.org.uk
BACP (British Association of Counselling and Psychotherapy)	Counselling	Help to find a private therapist / counsellor	www.itsgoodtotalk.org.uk		01455 883 300	
Counselling Directory	Counselling	A support network of UK counsellors and psychotherapists	http://www.counselling-directory.org.uk/		0844 8030 240	
B-eat (Eating Disorders)	Eating Disorder	Eating Disorders can be beaten	www.b-eat.org.uk	0845 634 7650		help@b-eat.co.uk
Terrence Higgins Trust	HIV Status	Offers help and services regardless of sexuality, HIV status, gender, cultural background or ethnic origin	http://www.tht.org.uk/	8088021221		info@tht.org.uk
Stonewall	LGBT	The LGBT charity	www.stonewall.org.uk	0800 050 20 20		

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Mermaids	LGBT	Mermaids run an information support line to offer information, support and friendship to individuals who are having gender identity issues with or without the support of their families	http://www.mermaidsuk.org.uk/		(0208) 1234819	info@mermaidsuk.org.uk
Pink Therapy	LGBT	Pink Therapy contains a searchable online directory of Therapists who work with gender and sexual diversity clients	http://www.pinktherapy.com/		020 7836 6647	
Mind	Mental Health	Make sure no one has to face a mental health problem alone	www.mind.org.uk	0300 123 3393		
Rethink Mental Illness	Mental Health	A better life is possible for people affected by mental illness	www.rethink.org	0300 5000 927		info@rethink.org
Sane	Mental Health	Research, support, awareness raising, black dog tribe	www.sane.org.uk		020 7375 1002	info@sane.org.uk
Time to Change	Mental Health	End mental health stigma and discrimination	www.time-to-change.org.uk			

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National Paranoia Network	Paranoia	Support, services, looking at alternative meanings	www.nationalparanoianetwork.org/			
BPD World	Personality Disorders	Providing information, advice and support by those affected by Personality Disorders	http://www.bpdworld.org/			 mail@bpdworld.org
Hearing Voices Network	Psychosis	Support, hearing voices groups	www.hearing-voices.org/		0114 271 8210	nhvn@hotmail.co.uk
SelfHarm	Self Harm	A project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, and ask any questions	http://www.selfharm.co.uk/home			info@selfharm.co.uk
Addaction	Drugs and Alcohol	Offers a wide range of free and confidential services in England and Scotland	www.addaction.org.uk		020 7251 5860	info@addaction.org.uk
Samaritans	Suicide	Helping people with nowhere else to turn	www.samaritans.org	08457 90 90 90		jo@samaritans.org
Childline	Young People	Confidential phone and online counselling for children	www.childline.org.uk	0800 1111	http://www.childline.org.uk/talk/Pages/Talk.aspx	
Kidscape	Young People	Prevent bullying and sexual abuse	http://www.kidscape.org.uk/	08451 205 204	020 7730 3300	

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NSPCC 'Worried about a Child' Helpline	Young People	Get advice about what to do if you are worried about a child's safety and wellbeing	http://www.nspcc.org.uk/what-you-can-do/get-advice-and-support/	0808 800 5000	help@nspcc.org.uk	
NYAS	Young People	NYAS is a UK charity providing socio-legal services. We offer information, advice, advocacy and legal representation to children, young people and vulnerable adults	http://www.nyas.net/	0808 808 1001	0151 649 8700	info@nyas.net
Young Minds	Young People	The voice of young people's mental health and wellbeing	www.youngminds.org.uk	Parent information line 0808 802 5544		
Youth Access	Young People	Provides information, advice, counselling and support services for young people	http://youthaccess.org.uk/		020 8772 9900	admin@youthaccess.org.uk