

Helplines and Websites

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Please contact your GP directly if you require any immediate support and in case of an emergency, call 999.

Support is available from:

NHS 111 – *if you need medical help but it is not an emergency* – Call: 111

Samaritans – *confidential emotional support 24 hours 7 days a week* – Helpline: 116 123; <https://www.samaritans.org/> ; Email jo@samaritans.org

SHOUT – *for anyone of any age* – Text "SHOUT" to 85258; <https://giveusashout.org/>

Campaign Against Living Miserably (CALM) – *confidential emotional support for anyone* – Call: 0800 58 58 58; <https://www.thecalmzone.net/>

For Children and Young People

Childline – *for help and advice about a wide range of issues* – Call: 0800 1111; <https://www.childline.org.uk/>

The Mix – *for under 25s* – Helpline: 0808 808 4994; <http://www.themix.org.uk/>

KOOTH – *for young people aged 10 to 25* – <https://www.kooth.com/>

YoungMinds Crisis Messenger – *for people under 19* – Text "YM" to 85258

Websites and Apps

Bereavement, Grief, Loss:

At a Loss: <https://www.ataloss.org/>

Barnardo's Child Bereavement Service: <https://www.barnardos.org.uk/what-we-do/services/child-bereavement-service-general>

Child Death Helpline: <https://www.childdeathhelpline.org.uk/>

Barnardo's Education Community (BEC): <https://www.educators-barnardos.org.uk/>

Bereaved through Alcohol and Drugs (BEAD): <https://www.beadproject.org.uk/>

Bereavement Advice Centre: <https://www.bereavementadvice.org/>

Child Bereavement UK: <https://www.childbereavementuk.org/>

Childhood Bereavement Network: <https://childhoodbereavementnetwork.org.uk/>

Cruse Bereavement Support: <https://www.cruse.org.uk/understanding-grief/>

Dying Matters: <https://www.hospiceuk.org/our-campaigns/dying-matters>

Grief Encounter: <https://www.griefencounter.org.uk/>
Hope Again: <https://www.hopeagain.org.uk/>
Macmillan Cancer Support: <https://www.macmillan.org.uk/>
Marie Curie: <https://www.mariecurie.org.uk/>
Miscarriage Association: <https://www.miscarriageassociation.org.uk/>
Sands: <https://www.sands.org.uk/>
Survivors of Bereavement by Suicide (SOBS): <https://uksobs.org/>
The Good Grief Trust: <https://www.thegoodgrieftrust.org/>
The Compassionate Friends: <https://www.tcf.org.uk/>
Widowed and Young (WAY): <https://www.widowedandyoung.org.uk/>
Winston's Wish: <https://www.winstonswish.org/>

LGBTQ+ Community:

Cysters: <http://cysters.org/>
Diversity Role Models: <https://www.diversityrolemodels.org/>
EACH education: <https://each.education/>
FFLAG: <https://www.fflag.org.uk/>
Gender Ed: <https://www.gender-ed.co.uk/>
Gendered Intelligence: <https://genderedintelligence.co.uk/>
Gires: <https://www.gires.org.uk/>
GLAAD: <https://www.glaad.org/>
Info about including pronouns: <https://www.mypronouns.org/what-and-why>
LGBT Foundation: <https://lgbt.foundation/>
LGBT Network: <https://lgbtnetworks.org.uk/>
Mermaids: <https://mermaidsuk.org.uk/>
Mind Out: <https://mindout.org.uk/>
Mind Trans+ line: <https://mindlinetrans.org.uk/>
On Your Mind (Barnardo's Healthy Minds Wiltshire):
<https://www.onyourmind.org.uk/portfolio-items/sexuality-and-gender-identity/>
PiNC LGBT+ Youth (Glossary): <https://www.prideinnorthcumbria.org/glossary/>
Pink Therapy: <https://pinktherapy.org/>
Positive Identities (Gender Space): <https://www.barnardos.org.uk/what-we-do/services/positive-identities-gender-space>

SAIL NI: <https://sailni.com/>

Stonewall: <https://www.stonewall.org.uk/>

Switchboard LGBT+ Helpline: <https://switchboard.lgbt/>

The Be You Project: <https://thebeyouproject.co.uk/>

The Proud Trust: <https://www.theproudtrust.org/>

TransBareAll: <https://www.transbareall.co.uk/>

Self-Harm and Suicide Support:

Alumina (previously Self Harm UK): <http://www.selfharm.co.uk/>

Battle Scars: <https://www.battle-scars-self-harm.org.uk/>

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

Calm Harm app: <https://calmharm.co.uk/>

DistrACT app: <https://www.expertselfcare.com/health-apps/distract/>

CHERISH: <https://cherishsupport.co.uk/>

HarmLESS: <http://www.harmless.org.uk/>

Heads Above the Waves: <https://hatw.co.uk/>

LifeSIGNS: <https://www.lifesigns.org.uk/>

Mental Health Foundation: <https://www.mentalhealth.org.uk/a-to-z/s/self-harm>

Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/>

National Self Harm Network (NSHN): <http://www.nshn.co.uk/>

Nightline: <http://www.nightline.ac.uk/>

Papyrus – *prevention of young suicide under 35* – Call: 0800 068 41 41; Text 07860 039967; <https://www.papyrus-uk.org/> ; Email pat@papyrus-uk.org

Recover Your Life: <http://www.recoveryourlife.com/>

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

SANE: <http://www.sane.org.uk/>

SupportLine (Self injury / Self harm): <https://www.supportline.org.uk/problems/self-injury-and-self-harm/>

Self-injury Support: Text: 07537 432444; <http://www.selfinjurysupport.org.uk/>

Crisis Text Line (Self-Harm): Text HOME to 741741; <https://www.crisistextline.org/>

Lifeline (Self-Harm): Call 13 11 14; <https://www.lifeline.org.au/get-help/information-and-support/self-harm/>

Skin Camouflage: <https://www.skincamouflage-bristol.co.uk/>

SOS Silence of Suicide: <https://sossilenceofsuicide.org/>

Stay Alive app: <https://prevent-suicide.org.uk/find-help-now/stay-alive-app/>

Support After Suicide: <https://supportaftersuicide.org.uk/>

YoungMinds: <https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>