

Helpful contacts for those in Mental Health need

Campaign Against Living Miserably (CALM) If you identify as male, call the [free and confidential helpline and webchat](#) – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. We support those bereaved by suicide, through the [Support After Suicide Partnership \(SASP\)](#). 0800 58 58 58 Phones and webchat open 5pm – midnight, 365 days a year

CASS on 0808 800 8088 (Mon - Thu from 7pm-10pm) for women looking for confidential and anonymous self-injury support.

Home treatment teams: 0203 513 3926 Monday - Friday 9:00am - 5:00pm

MindinfoLine – 0300 123 3393 Monday to Friday: 9am-6pm (except for bank holidays)

Nightline If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

Off the Record – Under 25s online only <https://talkofftherecordonline.org/>

PapyrusHOPELINEUK If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](#) on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm), email pat@papyrus-uk.org or text 07786 209 697.

Rethink National Advice Service – practical help on issues such as the Mental Health Act, community care and welfare benefits, living with mental illness, medication and care 0300 5000 927 (Monday to Friday: 9:30am-4pm)

Samaritans talk about anything that is upsetting you, you can contact [Samaritans](#) 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org

SANEline If you're experiencing a mental health problem or supporting someone else, you can call [SANEline](#) on 0300 304 7000 (4.30pm-10.30pm every day).

Sutton Uplift: <https://www.suttonuplift.co.uk/> 0800 032 1411 Mon - Fri 9am-6pm 0203 513 4044 assessment by phone or skype

Switchboard If you identify as gay, lesbian, bisexual or transgender, you can call [Switchboard](#) on 0300 330 0630 (10am-10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.

The Mix If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm-11pm), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

Young Minds (Children and young people) on 85258 for 24/7 crisis support. Text YM to 85258. (Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus)

Parents helpline 0808 802 5544