

<p>National Helplines</p> 	<p>AGE UK Older people's charity providing information and advice. 0800 678 1602. 8am-7pm, 365 days a year www.ageuk.org.uk/</p>	<p>Alzheimer's Society Provides information on dementia, including factsheets. 0300 222 1122 www.alzheimers.org.uk</p>	<p>Anxiety UK Charity providing support if you have been diagnosed with an anxiety condition. 03444 775 774 www.anxietyuk.org.uk</p>	<p>Beat Provides support for people adults and young people with eating disorders. 0808 801 0677 (adults) www.b-eat.co.uk</p>	<p>Bipolar UK A charity helping people living with manic depression or bipolar disorder. To arrange a call back please email us: info@bipolaruk.org www.bipolaruk.org.uk</p>	<p>Childline ChildLine is a private and confidential service for children and young people up to the age of nineteen 0800 1111 www.childline.org.uk</p>
<p>CALM CALM is the Campaign Against Living Miserably, for men aged 15 to 35. 0800 585858 (daily 5pm to midnight) www.thecalmzone.net</p>	<p>LGBT Foundation Our helpline remains open on 0345 330 3030 Mon-Fri 10am-6pm. https://lgbt.foundation/</p>	<p>Mencap Charity working with people with a learning disability, their families and carers. 0808 808 1111 (Mon-Fri 9-5pm) www.mencap.org.uk</p>	<p>Men's Health Forum 24/7 stress support for men by text, chat and email. www.menshealthforum.org.uk</p>	<p>Mind Promotes the views and needs of people with mental health problems. 0300 123 3393 (Mon-Fri, 9-6pm) www.mind.org.uk</p>	<p>MindLine Trans+ Support helpline for people who identify as Trans, Agender, Gender Fluid or Non-binary. 0300 330 5468 (Mon + Fri 8pm-midnight) http://bristolmind.org.uk/</p>	<p>Mood Swings Aimed at anyone affected by a mood disorder and their families. 0161 832 3736 (Mon-Fri, 10-4pm) www.moodswings.org.uk</p>
<p>Nightline If you are a student, you can look on the Nightline website to see if your university offers a night-time listening service.</p>	<p>No Panic Support for sufferers of panic attacks and OCD. 0844 967 4848 (daily 10-10) charges apply. www.nopanic.org.uk</p>	<p>OCD Action Support for people with OCD. 0845 3906232 (Mon-Fri 9.30-5pm). www.ocdaction.org.uk</p>	<p>OCD UK A charity run by people with OCD for people with OCD. 0333 212 7890 (Mon-Fri 9-5pm) www.ocduk.org</p>	<p>PAPYRUS Young suicide prevention society. 0800 068 4141 (Mon-Fri 10-10, Wkends + BH 2pm-10pm) www.papyrus-uk.org</p>	<p>Rethink Mental Illness Support and advice for people living with mental illness. 0300 5000 927 (Mon-Fri 9.30-4pm) www.rethink.org</p>	<p>Samaritans Confidential support for people feeling despair. Phone: 116 123 (Free 24-hr helpline) www.samaritans.org.uk</p>
<p>SANE Emotional support, info and guidance. 0300 304 7000 (daily 4.30pm-10.30pm) Textcare Peer Support Forum www.sane.org.uk</p>	<p>Shout Crisis Textline Shout is the UK's first 24/7 text service for anyone in crisis anytime, anywhere if you need immediate help. Text SHOUT to 85258</p>	<p>Silverline Aimed at people over 55. Their helpline is open 24/7. 0800 470 8090 www.thesilverline.org.uk</p>	<p>SOBS – Survivors of Bereavement by Suicide 0300 111 5605 9am-9pm Mon-Fri https://uksobs.org/</p>	<p>The Mix If you're under 25 you can call the Mix on 0808 808 4994 (Sun-Fri 2pm-11pm) Request support or use their crisis text messenger service.</p>	<p>Young Minds Parents Info on child and adolescent mental health. 0808 802 5544 (Mon-Fri 9.30-4pm) www.youngminds.org.uk</p>	<p>Victim Support Phone: 0808 168 9222 (24 hour helpline) www.victimsupport.org</p>