

General Listening Lines and Support

- **SANeline** offers support and information from 4.30pm–10.30pm: 0300 304 7000.
- **Mind** offers advice Mon-Fri, 9am-6pm except bank holidays: 0300 123 3393
- Or email: info@mind.org.uk

CALM Campaign Against Living Miserably is a line for men, and is open from 5pm–midnight: 0800 58 58 58. www.thecalmzone.net

Switchboard is a line for LGBT+ support. Open from 10am–10pm: 0300 330 0630.

- You can email: chris@switchboard.lgbt Or chat online [here](#).
- **The Silver Line** is a line, open 24/7, for those over the age of 55: 0800 4708 090.
- **Childline** a confidential line for children to call if they need help or advice about any topic: 0800 1111. You can also access 1-2-1 counselling [here](#).
- **Anxiety UK** is a charity working to relieve and support those living with anxiety by offering information, support and understanding.
- Call their infoline Mon-Fri 9.30am - 5.30pm: 03444 775 774. Or text: 07537 416 905.
- **No Panic** offers support and information for those who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.
- Call their helpline, open everyday 10.00am - 10.00pm. NOTE: calls cost 5p a minute + your access charge: 0844 967 4848.
- Youth Helpline (13-20 year-olds), open everyday 10.00am - 10.00pm: 0330 606 1174. www.nopanic.org.uk

Anna Freud National Centre for Children and Families-
www.annafreud.org

Papyrus UK-For the prevention of young suicide.
0800 0684141
www.papyrus-uk.org

Samaritans Emotional support (all ages).
www.samaritans.org

Young Minds Charity championing the wellbeing and mental health
of young people.
www.youngminds.org.uk

Kooth - Free, safe and anonymous online support for young people
<https://www.kooth.com/>

Family Action - Supporting adult family members via telephone, text,
email and web chat
<https://www.family-action.org.uk/what-we-do/children-families/familyline/>