

Information & Support: Mental Health & Self-Injury

If you, or someone you know, have been affected by mental health issues or self-injury/self-harming, the following organisations may be able to help.

ChildLine

ChildLine is a free, 24-hour confidential helpline for children and young people who need to talk.

Phone: 0800 1111

<http://www.childline.org.uk/>

Samaritans

Samaritans is available for anyone struggling to cope and provide a safe place to talk 24 hours a day.

Phone: 116 123

<http://www.samaritans.org/>

Mind

Mind provides advice and support on a range of topics including types of mental health problems, self-harm, legislation and details of local help and support in England and Wales.

Webchat: <https://www.mind.org.uk/information-support/helplines/>

Phone: 0300 123 3393 (weekdays 9am - 6pm)

<http://www.mind.org.uk/>

YoungMinds

YoungMinds offers information, support and advice for children and young people on mental health, wellbeing, racism, and self-harm. Help for concerned parents of those under 25 is offered by phone.

YoungMinds Crisis Messenger: text YM to 85258.

Help for concerned parents of those under 25 is offered by phone.

Phone: 0808 802 5544 (Mon–Fri 9.30am-4pm)

<http://www.youngminds.org.uk>

Rethink Mental Illness

Rethink Mental Illness advice offers practical help and information for anyone affected by mental illness on a wide range of topics such as The Mental Health Act, living with mental illness, medication, and care.

Webchat: <https://www.rethink.org/advice-and-information/>

Phone: 0808 801 0525 (Mon-Fri 9.30am-4pm)

<https://www.rethink.org/advice-and-information/>

SANE

SANE provides confidential emotional support and information to anyone affected by mental illness. It also provides a resource for anyone affected by suicide.

Phone: 0300 304 7000 (4.30 - 10.30pm daily)

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

The Mix

The Mix provide non-judgmental support and information for young people under 25 on a variety of issues including mental wellbeing, sex & relationships, exam stress, money, drugs, and self-harm.

If you're aged 25 or under, and are experiencing a personal crisis, such as suicidal thoughts, abuse, or assault, you can text **THEMIX to 85258**.

Phone: 0808 808 4994

<http://www.themix.org.uk/>

WithYou

WithYou provides free and confidential support to adults and young people experiencing challenges with drugs, alcohol, or their mental health. An online webchat service is available seven days a week
<https://www.wearewithyou.org.uk/help-and-advice/>

Meic

Meic provides bilingual information, advice and advocacy to children and young people up to the age of 25 in Wales.

Webchat is available via the website.

Phone: 080880 23456 or Text to 84001 (8am-12pm daily)

<http://www.meicymru.org/>

Inspire

Inspire provides support services including addiction and mental health across Northern Ireland.

Phone: 0808 189 0036

<http://www.inspirewellbeing.org/>

SAMH (Scottish Association for Mental Health)

SAMH (Scottish Association for Mental Health) can provide general mental health information and signpost you to your local services.

Phone: 0344 800 0550 (Mon-Fri 9am-6pm)

<http://www.samh.org.uk/>

Combat Stress

Combat Stress provides a confidential mental health helpline for serving and ex-service men and women with PTSD, depression, and anxiety disorders.

Phone: 0800 138 1619 (24/7)

<http://www.combatstress.org.uk/>

PTSD Resolution

PTSD Resolution provides treatment to veterans and reservists to enable them to resolve the mental health problems associated with military trauma.

Phone: 0300 302 0551

<http://www.ptsdresolution.org/>

Mental Health Foundation

Mental Health Foundation provides a guide to Mental Health problems, topical issues, and treatment options via their website.

<http://www.mentalhealth.org.uk/>

LifeSIGNS

LifeSIGNS (Self-Injury Guidance & Network Support) is an online, user-led voluntary organisation, founded to create understanding about self-injury and provide information and support to people of all ages affected by self-injury

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

Information from the NHS on Mental health

<https://www.nhs.uk/mental-health/>

Information from the NHS on self-injury/self-harm

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/why-people-self-harm/>