

Signposting and Mental Health Support



A listening service, completely free and available to all ages

'Get in Touch About Anything That's Troubling You No Matter How Big or Small the Issue Is. We're Here to Help You Work Through What's on Your Mind.'

@ [The Samaritans](#)

☎ 116-123 - free



Listening and supporting LGBTQ+ communities

Listening, supporting and connecting lesbian, gay, bisexual, trans and queer communities since 1975:

@ [Switchboard](#)

☎ 01273 234 009



Campaign Against Living Miserably

Suicide prevention charity on a mission to help people end their miser, not their lives.

@ [The Calm Zone](#)

☎ 0800 58 58 58



The Silver Line

Caring and confidential helpline for older people. 24hrs, 365 days

@ [The Silver Line](#)

☎ 0800 4 70 80 90



Papyrus

UK charity for the prevention of young suicide

@ [Papyrus](#)

☎ 0800 068 41 41



Shout

Text 85258 UK 's free and confidential 24/7 mental health text service

@ [Shout](#)

SMS 85258

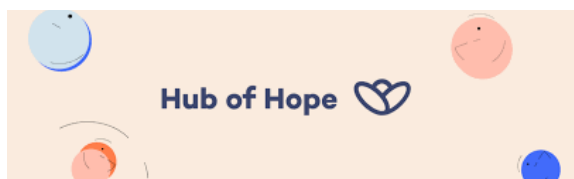


Sane

Improving quality of life for anyone affected by mental illness

@ [SANE](#)

☎ 0300 304 7000



Hub of Hope

UK's largest and most comprehensive mental health support directory.

@ [Hub of Hope](#)