

UK HELPLINE CONTACTS

Charity / Organisation	Telephone No.	Web-Site
Alcoholics Anonymous	0800 9177 650	www.alcoholics-anonymous.org.uk
Alzheimer's Society	0300 222 1122	www.alzheimers.org.uk
Anxiety UK	03444 775 774	www.anxietyuk.org.uk
Arthritis Care Helpline	0300 790 0400	www.arthritiscare.org.uk
Autism Helpline	0808 800 4104	www.autism.org.uk/helpline
Beat (Eating Disorders)	0808 801 0677	www.beateatingdisorders.org.uk
Ben (Mental Health & wellbeing)	08081 311 333	www.ben.org.uk/
Bipolar UK	0333 323 3880	www.bipolaruk.org
British Heart Foundation	0300 330 3311	www.bhf.org.uk
CALM Campaign against living miserably	0800 58 58 58	www.thecalmzone.net
Cruse Bereavement Care	0808 808 1677	www.cruse.org.uk
Depression Alliance - MIND	0300 123 3393	www.mind.org.uk
Family Lives	0808 800 2222	www.familylives.org.uk
Gamblers Anonymous	N/A	www.gamblersanonymous.org.uk
Mencap (Learning Difficulties)	0808 808 1111	www.mencap.org.uk
Men's Health Forum	020 7922 7908	www.menshealthforum.org.uk
Mental Health Foundation	N/A	www.mentalhealth.org.uk
MIND (Mental Health)	0300 123 3393	www.mind.org.uk
Narcotics Anonymous	0300 999 1212	www.ukna.org
No Panic (Anxiety disorders)	0844 967 4848	www.nopanic.org.uk
NSPCC	0808 800 5000	www.nspcc.org.uk
OCD Action	0845 390 6232	www.ocdaction.org.uk
OCD UK	03332 127890	www.ocduk.org
PAPYRUS (Suicide Prevention)	0800 068 4141	www.papyrus-uk.org
Rape Crisis	0808 802 9999	www.rapecrisis.org.uk
Refuge (Domestic Violence)	0808 2000 247	www.refuge.org.uk
Relate	0300 100 1234	www.relate.org.uk
Rethink Mental Illness	0300 5000 927	www.rethink.org
RSPCA	Varies - Location	www.rspca.org.uk
Samaritans	116 123	www.samaritans.org
SANE (Mental Health)	0300 304 7000	www.sane.org.uk
Support Line (Emotional Help)	01708 765200	www.supportline.org.uk
Victim Support	0808 16 89 111	www.victimsupport.org.uk
Young Minds (Mental Health)	0808 802 5544	www.youngminds.org.uk