



# Links, Helplines and Resources for **Mental Health** and more

## **GET SELF HELP**

<https://www.getselfhelp.co.uk/index.html>

A self-help site that gives advice and tips on coping with your mental health. It gives you access to worksheets and activity-based help around many forms of therapeutic practices

## **TURN 2 ME**

<https://www.turn2me.ie/aboutturn2me>

Online counselling

**STRESS MATTERS** is a free, dedicated support line that aims to give everyone access to trained Mental Health First Aiders (MHFA) and offer practical support, information and signposting to other services. The Stress Matters Support Line will be open from 8am to 8pm and can be accessed by texting 07481 362111 and a trained MHFA will respond and call back.

**BUDDIES MATTER** is another initiative aiming to combat difficulties due to the current climate. The service provides a free peer-to-peer matching service that creates Buddies across the industry that can offer support and an ear to listen. It is not a professional help service.

To become a buddy, go to <https://www.stressmatters.org.uk/buddies-matter> and fill out the short form. Stress Matters aim to match Buddies within 24 hours.

## **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)



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### **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

### **Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)



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## **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access

## **Charge**

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

## **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

## **PAPYRUS**

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

## **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)



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## **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

## **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

## **Calan DVS**

The domestic abuse organisation supporting women and men through domestic abuse.

Bridgend - 01656 766139

Neath Port Talbot - 01639 633580

South Powys - 01874 625146

Ammanford - 01269 597474

Radnor - 01597 824655



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### **Live Fear Free Helpline**

0808 80 10 800

The Live Fear Free Helpline provides help and advice about violence against women, domestic abuse and sexual violence.

The helpline offers a live chat service which is available 24 hours a day.

The staff can support you in English, Welsh and any other languages using language line.

Calls to the helpline will not show up on landline phone bills and all calls are confidential.

### **Welsh Women's Aid**

Welsh Women's Aid is the national charity in Wales working to end domestic abuse and all forms of violence against women. The charity is a federation of specialist organisations in Wales (of which Calan are members and working as part of a UK network of services) that provide lifesaving services to survivors of violence and abuse – women, men, children, families – and deliver a range of innovative preventative services in local communities.

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

### **Refuge**

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

### **YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Abuse (child, sexual, domestic violence)



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### **NSPCC**

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

### **Childline**

0800 1111

Childline is a free, private and confidential space where children and young people under 19 in the UK can talk about any issues they're going through.

Children and young people can talk about anything, whether its something big or small, their trained counsellors are there to support.

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

### **The Dyn Project**

0808 801 0321

The Safer Wales Dyn project provides support to Heterosexual, Gay, Bisexual and Trans men who are experiencing Domestic Abuse from a partner.

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

### **Galop**

0800 999 5428

Galop gives advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse.

Galop is completely independent – they are a community-led group and are not connected to police.

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



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### **Alcoholics Anonymous**

Phone: 0800 917 7650 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **National Gambling Helpline**

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: [www.begambleaware.org](http://www.begambleaware.org)

### **Narcotics Anonymous**

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: [www.ukna.org](http://www.ukna.org)

### **Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: 0333 150 3456 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### **Rape Crisis**

To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)



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### **Victim Support**

Phone: 0808 168 9111 (24-hour helpline)

Website: [www.victimsupport.org](http://www.victimsupport.org)

### **Beat**

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

Learning disabilities

### **Mencap**

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

### **Family Lives**

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

### **Relate**

The UK's largest provider of relationship support.

Website: [www.relate.org.uk](http://www.relate.org.uk)



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## **AUDIO GUIDES**

### **NHS**

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

- Low mood, sadness and depression
- Anxiety control training
- Overcoming sleep problems
- Low confidence and assertiveness
- Unhelpful thinking

### **Fitness studio and videos**

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

### **Every Mind Matters**

<https://www.nhs.uk/oneyou/every-mind-matters/>

Tips on anxiety, stress, low mood and mindfulness during Covid 19

### **Mindfulness Breathing**

<https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop>

### **Looking after your feelings and your body**

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876996/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf)

### **Advice and guidance for employees**

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees>



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## **Citizens Advice**

What covid 19 means for you

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

## **National Debt Helpline**

Advice and support during Covid 19. Live Webchat also available

<https://www.nationaldebtline.org/EW/factsheets/Pages/coronavirus-advice-and-support/help-and-advice.aspx>

## **MIND**

- Relaxation tips and video on relaxation  
<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>
- Anxiety and panic attacks – how to help yourself  
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/>
- Distraction games and puzzles  
<https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>
- Crisis service and planning for a crisis  
<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/#.XK21DqBKiCo>

## **Public Health Wales**

Latest info on Covid 19 – what you need to do. Also available in BSL and different languages

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>