UK Mental Health and Crisis Support Services

This document compiles national UK mental health, emotional support, and suicide prevention services, including general, youth, LGBTQ+, bereavement, and region-specific supports. These helplines and organisations provide confidential support for anyone in emotional distress or crisis.

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| **Service** | **Audience / Purpose** | **Contact Details** |
| Samaritans | General emotional distress, anyone | 116 123; email jo@samaritans.org; webchat (pilot) |
| National Suicide Prevention Helpline UK | Suicidal thoughts | 0800 689 5652 (6pm–midnight) |
| CALM (Campaign Against Living Miserably) | Men + anyone in suicidal crisis | 0800 58 58 58 (5pm–midnight); webchat |
| Shout | Anyone in crisis | Text 'SHOUT' to 85258 (24/7) |
| Papyrus HOPELINEUK | Under 35s or others concerned for them | 0800 068 4141; text 07786 209 697; email pat@papyrus-uk.org |
| Mind Infoline | General mental health information | 0300 123 3393; info@mind.org.uk |
| Mind Welfare Benefits Line | Benefits and welfare support | 0300 222 5782 |
| Mind Legal Line | Legal advice on mental health law | 0300 466 6463 |
| Mind Support Line | Emotional non-crisis support | 0300 102 1234 |
| Rethink Mental Illness Advice Service | Severe mental illness support | 0300 5000 927; advice@rethink.org |
| Anxiety UK | Anxiety disorders | 03444 775 774; text 07537 416 905 |
| BEAT – Eating Disorders | Adults, students, and under-18s with eating disorders | 0808 801 0677 (adults); 0808 801 0811 (students); 0808 801 0711 (under-18s) |
| Bipolar UK | Bipolar disorder support | 0333 323 3880 |
| Switchboard (LGBTQ+) | LGBTQ+ people | 0800 0119 100 (10am–10pm); hello@switchboard.lgbt |
| The Silver Line | Older adults | 0800 470 8090 (24/7) |
| YoungMinds | Youth & parents | 0808 802 5544 (parents helpline, Mon–Fri); text YM to 85258 (24/7 for young people) |
| Cruse Bereavement Care | Bereavement support | 0808 808 1677; online CruseChat |
| Blue Cross Pet Bereavement Support | Pet loss support | 0800 096 6606 (8:30am–8:30pm); pbssmail@bluecross.org.uk |
| SOS – Silence of Suicide | Crisis, stigma reduction | 0808 115 1505 |
| Suicide & Co. | Suicide bereavement support | 0800 054 8400 |
| The OLLIE Foundation | Youth suicide prevention | Online support sessions |
| Safe Connections (London) | Local crisis spaces in London | 0300 561 0115 |
| C.A.L.L. (Wales) | Wales residents | 0800 132 737; callhelpline.org.uk |
| Childline | Under 19s | 0800 1111; 116 111 |
| Breathing Space (Scotland) | Scotland residents in distress | 0800 83 85 87; webchat |
| SAMH – The Nook | Scotland – walk-in mental health hubs | Find local hub via samh.org.uk |
| Muslim Youth Helpline (MYH) | Young Muslims (and others) | 0808 808 2008; myh.org.uk |
| NHS 111 (Mental Health Option) | England residents, urgent mental health triage | Call 111 → select mental health option (24/7) |
| Hub of Hope | Directory of local/national mental health services | hubofhope.co.uk (web & app) |