

Emergency help

If you feel you are in danger of hurting yourself or are contemplating suicide please dial 999 and ask for help. Or call the Samaritans free on 116123

There are many different organisations specialising in different mental health conditions. Here we'll list a few but please visit the link below for a full list of NHS approved support groups covering all types of mental health illness:

- **Mind:** Mental health charity: www.mind.org.uk or phone 0300 123 3393
- **Mental Health Foundation:** mental health support and information: www.mentalhealth.org.uk
- **Rethink Mental Illness:** Support and information on a variety of conditions. Free helpline open Mon-Fri 09:30-16:00 on 0808 801 0525. Website is rethink.org.
- **Anxiety UK:** support for people with diagnosed anxiety: www.anxietyuk.org.uk or phone 03444775774
- **CALM: Campaign Against Living Miserably:** mental health helpline and web chat: www.thecalmzone.net
- **Men's Health Forum:** support for men by text, chat, email: www.menshealthforum.org.uk
- **OCD UK:** charity for people suffering from OCD: www.ocduk.org
- **SANE:** support for sufferers as well as their loved ones and carers: www.sane.org.uk/support
- **Bipolar UK:** a charity for people suffering with Bipolar disorder: www.bipolaruk.org.uk
- **Alzheimer's Society:** information on dementia and available helplines: www.alzheimers.org.uk

[For a full list of mental health organisations, please visit:](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)

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A note from Dare to Talk

Here at Dare to Talk, we are not professional councillors. However, we are more than happy to offer our advice and signpost you in the right direction. If you'd like to ask any questions, visit the forum on our website or email us at info@daretotalk.org.