

# The Happiful Helpline Guide

How and where to access mental health support by Happiful Magazine

## CRISIS SUPPORT

- If you are in crisis and are concerned for your own safety, call 999, or go to A&E
- Call Samaritans on 116 123 or email them on [jo@samaritans.org](mailto:jo@samaritans.org)

Remember that whatever you are going through, there is someone out there who can help. Beyond this list, there are many charities and organisations with resources to help.



**SANEline** – offers support and information | **0300 304 7000**

**Mind** – support and information, and where to get help  
**0300 123 3393** | [info@mind.org.uk](mailto:info@mind.org.uk)

**CALM** – The Campaign Against Living Miserably (CALM) is a support line for men | **0800 58 58 58**

**Switchboard** – A line for LGBT+ support  
**0300 330 0630**

**The Silver Line** – for those aged over 55 | **0800 4708 090**

**Childline** – A confidential line for children if they need help or advice  
**0800 1111**

### Abuse

**National Domestic Violence Freephone Helpline** – Run in partnership between Refuge and Women's aid  
**0808 2000 247**  
[nationaldomesticviolencehelpline.org.uk](http://nationaldomesticviolencehelpline.org.uk)

### Addiction

**Alcoholics Anonymous** – A helpline for those with alcohol issues, staffed by recovering alcoholics  
**0800 9177 650**  
[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

### Anxiety

**Anxiety UK** – A charity working to relieve and support those living with anxiety  
**07537 416 905** (text)  
**03444 775 774** | [anxietyuk.org.uk](http://anxietyuk.org.uk)

**No Panic** – Support and information  
**0844 967 4848**  
Youth Helpline (13–20-year-olds)  
**0330 606 1174** | [nopanic.org.uk](http://nopanic.org.uk)



### Bereavement

**The Bereavement Trust** – A charity supporting people through grief  
**0800 435 455** | [bereavement-trust.org.uk](http://bereavement-trust.org.uk)

### Bipolar Disorder

**Bipolar UK** – Advice and support  
**0333 323 3880** | [bipolaruk.org](http://bipolaruk.org)

### Borderline personality disorder (BPD)

**BPD World** – For information about BPD, and to search for support groups and help  
[bpdworld.org](http://bpdworld.org)

### Counselling

**Counselling Directory** – Search for counsellors in your area  
[counselling-directory.org.uk](http://counselling-directory.org.uk)

### Depression

**Depression UK** – Support and friendship for anyone effected by depression  
[depressionuk.org](http://depressionuk.org)



**1 in 4**  
people in the UK  
will experience a  
mental health  
problem each year

### Eating Disorders

**Beat Eating Disorders** – Beat offers support and information for those living with eating disorders

Adult helpline: **0808 801 0677**  
[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)  
Studentline: **0808 801 0811**  
[studentline@beateatingdisorders.org.uk](mailto:studentline@beateatingdisorders.org.uk)  
Youthline: **0808 801 0711**  
[fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

Live 1-2-1 webchats are available

### Financial Crisis

**Stepchange Debt Charity** – Providing comprehensive debt advice  
[stepchange.org](http://stepchange.org) (live chat available)

### Hypnotherapy

**Hypnotherapy Directory** – Find a hypnotherapist in your area  
[hypnotherapy-directory.org.uk](http://hypnotherapy-directory.org.uk)

### LGBT+ Support

**Stonewall** – Find information and support near you | [stonewall.org.uk](http://stonewall.org.uk)

### Maternal Mental Health

**Maternal Mental Health Alliance**  
Care, support and information for women during pregnancy and in the years after giving birth  
[maternalmentalhealthalliance.org](http://maternalmentalhealthalliance.org)

### Nutrition

**Nutritionist Resource** – Find a nutritionist in your area | [nutritionist-resource.org.uk](http://nutritionist-resource.org.uk)

### Obsessive Compulsive Disorder

**OCD Action** – Support and advice for those living with OCD  
**0845 390 6232**  
[support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)

### Post-traumatic Stress Disorder

**PTSD UK** – Information and guidance on where to get help for PTSD  
[ptsduk.org](http://ptsduk.org)

**ASSIST Trauma Care** – ASSIST Trauma Care offers support for adults and children, individuals and families, affected by a wide range of traumatic occurrences  
**01788 560800** | [assisttraumacare.org.uk](http://assisttraumacare.org.uk)



### Schizophrenia

**Living with Schizophrenia** – Support and information for anyone living with schizophrenia | [livingwithschizophreniauk.org](http://livingwithschizophreniauk.org)

### Therapy

**Therapy Directory** – Search for complementary therapists in your area  
[therapy-directory.org.uk](http://therapy-directory.org.uk)

### Young People's

**YoungMinds** – support for children and teens, plus a helpline for parents and guardians  
**0808 802 5544** | [youngminds.org.uk](http://youngminds.org.uk)



*It's never  
overreacting to ask  
for what you want  
and need*

– Amy Poehler