

Headstart Kernow – Support for parents and carers

A-Z List of organisations for Mental Health

Anxiety UK

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

Telephone: **03444 775 774** (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

Bipolar UK

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

Website: www.bipolaruk.org.uk

CALM

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

Telephone: **0800 58 58 58** (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

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

Website: www.menshealthforum.org.uk/beatstress.uk

Mental Health Foundation

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

Website: www.mentalhealth.org.uk

Mind

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

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

Website: 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.

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

Website: www.nopanic.org.uk

OCD Action

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

Telephone: **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

OCD UK

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

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

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Telephone: HOPElineUK **0800 068 4141** (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

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

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Telephone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org/

SANE

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

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

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

YoungMinds

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

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

Website: www.youngminds.org.uk/

Abuse (child, sexual, domestic violence)

NSPCC

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

Telephone: **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

Refuge

Advice on dealing with domestic violence.

Telephone: **0808 2000 247** (24-hour helpline)

Website: www.refuge.org.uk

Alcohol misuse

Alcoholics Anonymous

A free self-help group. Its "12 step" programme involves getting sober with the help of regular face-to-face and online support groups.

Telephone: **0800 917 7650** (24-hour helpline)

Website: www.alcoholics-anonymous.org.uk

Al-Anon

Al-Anon is a free self-help “12 step” group for anyone whose life is or has been affected by someone else’s drinking.

Telephone: **0800 0086 811** (daily, 10am to 10pm)

Website: www.al-anonuk.org.uk

Drinkline

A free confidential helpline for people worried about their own or someone else’s drinking.

Telephone: **0300 123 1110** (weekdays 9am to 8pm, weekends 11am to 4pm)

National Association for Children of Alcoholics

National Association for Children of Alcoholics offers free confidential advice and information to everyone affected by a parent’s drinking including children, adults and professionals.

Telephone: **0800 358 3456** (Friday, Saturday and Monday 12pm to 7pm and Tuesday, Wednesday and Thursday 12pm to 9pm)

Website: www.nacoa.org.uk

SMART Recovery UK

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Telephone: **0330 053 6022** for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday)

Website: smartrecovery.org.uk

Alzheimer’s Society

Provides information on dementia, including factsheets and helplines.

Telephone: **0300 222 1122** (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: www.alzheimers.org.uk

Cruse Bereavement Care

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

Website: www.cruse.org.uk/home

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

<https://www.headstartkernow.org.uk/parents--carers>