



CHARITIES AND HELPLINES FOR MENTAL HEALTH & WELL-BEING

If you need to talk to someone, our welfare officers are always here to help. However, in some cases you might prefer to talk to a professional. If that is the case, please come and talk to one of our welfare officers and they will help you contact charities and helplines for mental health and well-being

Here is a condensed list of some of those charities and helplines:

Mental Health

Anxiety UK

- Charity providing support if you have been diagnosed with an anxiety condition.
- Phone: 03444 775 774 (Monday to Friday, 09.30-17.30)
- Website: www.anxietyuk.org.uk

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

Men's Health Forum

- 24/7 stress support for men by text, chat and email.
- Website: www.menshealthforum.org.uk
- Phone: (+44) 020 7922 7908

Mind

- Promotes the views and needs of people with mental health problems.
- Phone: 0300 123 3393 (Monday to Friday, 09:00 – 18:00)
- 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.
- Phone: 0844 967 4848 (daily, 10am to 10pm)
- Website: www.nopanic.org.uk

PAPYRUS

- Young suicide prevention society.
- Phone: HOPElineUK 0800 068 4141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)
- Website: www.papyrus-uk.org

Samaritans

- Confidential support for people experiencing feelings of distress or despair.
- Phone: 116 123 (free 24-hour helpline)
- Website: 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
- Peer support forum: www.sane.org.uk/supportforum
- Website: www.sane.org.uk/support

Children

ChildLine Helpline:

- Phone: 0800 1111 (24 hours)
- childline.org.uk
- ChildLine is a counselling service for children and young people. You can contact ChildLine in these ways: You can phone on 0800 1111, send us an email, have a 1-2-1 chat with us, send a message to Ask Sam and you can post messages to the ChildLine message boards. You can contact ChildLine about anything - no problem is too big or too small.

NSPCC:

- Helpline: 0808 800 5000 (24 hours, every day)
- Free Helpline: 0800 028 3550
- Email: fgmhelp@nspcc.org.uk
- www.nspcc.org.uk

Sexual Health Clinic

Sexual Health Clinic

Dean Street is a HIV and sexual health NHS clinic in the heart of Soho. It offers emergency appointments and has online services that allow you to book a check-up in your own time.

- <http://dean.st/>
- 56 Dean Street, Soho, London, W1D 6AQ

Forced Marriage and Domestic Abuse

Forced Marriage Unit (FMU)

Contact them if you're trying to stop a forced marriage or you need help leaving a marriage you've been forced into.

- fmu@fco.gov.uk
- Telephone: 020 7008 0151 / From overseas: +44 (0)20 7008 0151 (Mon-Fri 09:00-17:00)
- Out of hours: 020 7008 1500 (ask for the Global Response Centre)

Halo Project: Forced Marriage and Honour Based Violence

Contact the Halo Project if you are the victim of domestic abuse. It is completely confidential.

- <https://www.haloproject.org.uk>
- Call: 01642 683 045
- Tel: 08081 788 424 (free phone for emergencies)

Female Genital Mutilation

Female Genital Mutilation (FGM) refers to all procedures involving partial or total removal of the female external genitalia, or other injury to the female genital organs for non-medical reasons,

- If you are worried that you or someone you know might be taken abroad for FGM, please call the police or local children's services <https://www.nhs.uk/conditions/social-care-and-support-guide/-caring-for-children-and-young-people/children-and-young-peoples-services/>
- The Metropolitan Police Service have a dedicated service for girls at risk of FGM. Call their Child Abuse Investigation Command/Project Azure on 020 7161 2888.

You can also contact the following clinic:

Ealing – Queen Charlotte's & Chelsea Hospital

- Queen Charlotte's & Chelsea Hospital, Du Cane Road, London W12 0HS
- Phone: 07730 970 738
- E-mail: juliet.albert@nhs.net
- Opening times: Monday: 12pm to 8pm
Tuesday: 12pm to 8pm
Wednesday: 12pm to 8pm
Thursday: 12pm to 8pm
Friday: 9.30am to 5.30pm