

Mental Health & Wellbeing Signposting - National

NHS 111

Target Group: ALL

www.nhs.uk

Tel: 111

Urgent help, but it's not life threatening,
open 24/7

SAMARITANS

Target Group: ALL

www.samaritans.org

Tel: 116 123 (free)

Open 24/7 to talk about whatever
you are going through

CHANGE GROW LIVE

Target Group: ALL

www.changegrowlive.org

0808 169 8711

Their mission is to help people
change the direction of their
lives, grow as individuals, and
live life to its full potential

SANE

Target Group: Over 16 yrs

www.sane.org

0300 304 7000 4.30pm-10.30pm daily
SANE provides emotional support,
guidance and information to anyone
affected by mental illness, including
families, friends and carers

ELEFRIENDS

Target Group: Over 18 yrs

www.elefriends.org.uk

Online safe place to listen, share
and be heard

DOC READY

Target Group: Adults

www.docready.org

Online help to prepare people to
talk about mental health to their
GP

MINDOUT

Target Group: LGBTQ

www.mindout.org.uk

01273 234 839

Email: info@mindout.org.uk

Online instant message service that is confidential and
anonymous to support and improve the mental health
and wellbeing of LGBTQ communities

CALM - (Campaign Against Living Miserably)

Target Group: Men

www.thecalmzone.net

0800 585 858

Online support to prevent male suicide
5pm-midnight 365 days a year

CHILDLINE

Target Group: 19yrs and under

www.childline.org.uk

0800 1111

Full online/telephone support service
for children & YP aged 19 and under

KOOTH

Target Group: 11-19 yrs

www.kooth.com

Free, safe and anonymous online
support

Mon-Fri 12pm-10pm, Weekends
6pm-10pm

YOUNG MINDS

Target Group: Children & Young
People

www.youngminds.org.uk

0808 802 5544

Urgent help text: YM to 85258
Online resources for children and
young people, parents and
professionals

YP experiencing a MH crisis can
text the Young Minds Crisis
Messenger for free 24/7 support
Parents Survival Guide and
support - call free Mon-Fri
9.30am-4pm

SELFHARM UK

Target Group: 14-19yrs

www.selfharm.co.uk

A creative site for young people to
communicate with others and express
their encouraging experiences through
the use of blogs, stories, poetry and art

THE MIX

Target Group: Under 25 yrs

www.themix.org.uk

0800 808 4994

Support for under 25s on a range
of issues and worries
4pm-11pm Helpline and 1-2-1
chat live message and 24/7 crisis
messenger

HEADS ABOVE THE WAVES

Target Group: Young People

www.hatw.co.uk

Online advice, support and
coping strategies for YP suffering
from depression and self-harm

OCD ACTION

Target group: Minimum age 18 (younger people may attend if accompanied by an adult)

www.ocdaction.org.uk

Email: brian.duce@talktalk.net

Tel: 07932 266183

Peer led monthly group support meeting held on the 2nd Monday of the month 7pm-9pm
St. George's Centre, Great George Street, LEEDS LS1 3DL

Support for people with OCD and/or Hoarding issues