

## Extract from the Voice Magazine USEFUL CONTACTS DURING COVID

SOME HELPLINES FOR ISSUES OF MENTAL HEALTH AND WELLBEING

LOOK AFTER YOURSELF AND EACH OTHER. HELP IS AVAILABLE

**Anxiety UK** Charity providing support if you have been diagnosed with an anxiety condition. 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**CALM** is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat. 0800 58 58 58 (daily, 5pm to midnight)

[www.thecalmzone.net](http://www.thecalmzone.net)

**Men's Health Forum** 24/7 stress support for men by text, chat and email.

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

**Mental Health Foundation** provides information and support for anyone with mental health problems or learning disabilities. [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind** promotes the views and needs of people with mental health problems. 0300 123 3393 (Monday to Friday, 9am to 6pm) [www.mind.org.uk](http://www.mind.org.uk)

**PAPYRUS** Young suicide prevention society. HOPElineUK 0800 068 4141 (9am to midnight, everyday of the year) [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Rethink Mental Illness** support and advice for people living with mental illness. 0300 5000 927 (Monday to Friday, 9.30am to 4pm) [www.rethink.org](http://www.rethink.org)

**Samaritans** Confidential support for people experiencing feelings of distress or despair. 116 123 (free 24-hour helpline) [www.samaritans.org.uk](http://www.samaritans.org.uk)

**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](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

[www.sane.org.uk/support](http://www.sane.org.uk/support)

**YoungMinds** Information on child and adolescent mental health. Services for parents and professionals. Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

[www.youngminds.org.uk](http://www.youngminds.org.uk)