

A NOTE FROM THE WELFARE TEAM

So many are dealing with mental health issues right now. Whether it is you or someone you care about, remember you are not alone. A huge amount of support is available. We thought it might be useful to provide some links and brief information for just a handful of the many amazing entities offering help. Do click on the links to find out more details. There is so much helpful information on the sites. These are free, unless otherwise stipulated. If you have any recommendations, particularly for any local groups that might be of help to our members and/or their families, please let us know.

To get emergency help, you can visit your local A&E department or call NHS 111 or 999 and ask for some support.

NHS 111/ Direct can advise you about where to get help such as walk-in centres or out of hours doctors.

999 can also support you in an emergency - the operator can talk to you about different types of immediate support the emergency services can offer.

SOME USEFUL LINKS WHEN LOOKING FOR HELP



Al-Anon

**www.al-anonuk.org.uk; 0800 0086 811 (10.00 am – 10.00 pm, 365 days a year);
email:helpline@al-anonuk.org.uk**

Al-Anon Family Groups is there for anyone whose life is or has been affected by another's drinking. **Alateen** is part of Al-Anon and can be attended by 12 to 17-year-olds who are affected by another person's drinking, usually a parent. Members provide meetings in all major towns and cities. Anonymity is protected and anything discussed within a meeting is treated as confidential, including your presence at the meeting. If getting to a meeting is difficult online meetings are available. These are organised by the World Service Office (WSO) and accessible via the US website: **<https://www.al-anon.org>**

Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.



Beat

www.beateatingdisorders.org.uk; 0808 801 0677 (9.00 am – midnight during the week; 4.00 pm–midnight on weekends and bank holidays 365 days a year)

Beat is a UK eating disorder charity whose mission is to end the pain and suffering caused by eating disorders and believes that recovery is possible with the right treatment and support. They listen, help people understand their illness, and support them to take positive steps towards recovery. They also support friends and family to help loved ones in the recovery process whilst also looking after their own mental health.



CALM

www.thecalmzone.net; 0800 58 58 58 (5.00 pm-midnight 365 days a year)

CALM provides accredited confidential, anonymous free support, information and signposting to men anywhere in the UK through its helpline. A web chat service is also offered.



Childline

www.childline.org.uk; 0800 1111 (24/7)

Childline is a free, private and confidential service operating where young people, under 19, can speak to a counsellor, over the phone or online about anything that is concerning them. No problem is too big or too small.



Clic

www.clic-uk.org

Clic offers a free online community (24/7 web based) to support everyone with their mental health.



CRUSE BEREAVEMENT SUPPORT

www.cruse.org.uk; Telephone: 0808 808 1677 (Mon: 9.30 am-5.00 pm, Tues: 9.30 am-8.00 pm, Wed: 9.30 am-8.00 pm Thurs: 9.30 am-8.00 pm Fri: 9.30 am-5.00 pm Sat & Sun: 10.00 am -2.00 pm)

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. Its National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

drinkaware

drinkaware

www.drinkaware.co.uk; 0300 123 1110 (weekdays 9.00 am – 8.00 pm, weekends 11.00 am - 4.00 pm)

Whether you, a loved one or an employee needs support Drinkaware provides information, strategies and tools to help change the relationship with alcohol and reduce drinking. It runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.



GRASSROOTS STAYALIVE

www.stayalive.app; 24/7

This is an App - a suicide prevention resource packed full of useful information and tools to help one stay safe in crisis.



For better
mental health

MIND

www.mind.org.uk; 0300 123 3393 (Mon – Fri 9.00 am – 6.00 pm)

Mind provides confidential mental health information services. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies, and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.



MindLine Trans+

www.bristolmind.org.uk/help-and-support/mindline-transplus; 0300 330 5468 (Friday evenings 8.00 pm – 11.00 pm)

This is a national helpline offering confidential emotional, mental health support for people who identify as transgender, agender, gender-fluid and non-binary. They also support family members and friends and provide signposting to other services and resources.

[Outside of any inclusive minutes packages, calls from landlines are charged at approx 3.5p per minute. Costs for mobiles vary dependent on mobile operator]



NIGHTLINE ASSOCIATION

www.nightline.ac.uk/want-to-talk

Nightlines are student-run listening and information services for other students, open at night when other services on campus may be closed. Nightlines offer emotional support for students in distress. They follow five core principles – they are confidential, anonymous, non-judgemental, non-directive and non-advisory support.

Visit the URL for opening hours at your University; Visit the URL for the contact number at your University



PAPYRUS

www.papyrus-uk.org; **HOPELINEUK - 0800 0684141**; email pat@papyrus-uk.org; Text **07860 03996 (9.00 am – midnight 365 days a year)**

PAPYRUS Prevention of Young Suicide is a UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing of young people. Its suicide free and confidential prevention helpline, HOPELINEUK, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide.



R;pple

www.ripplesuicideprevention.com; **Browser extension - FREE for schools, colleges, universities, charities, parents/guardians and individuals**

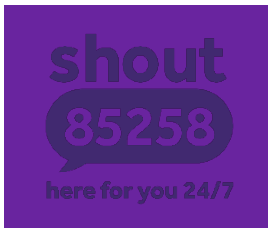
Following the suicide of Alice Hendy's brother in 2020 Alice discovered her brother had been doing online research into techniques to take his own life. She found that the content available after a search is far too readily available and fails to provide enough of an intervention between a user's search and the display of the results. She set up R;pple Suicide Prevention to ensure more help and support is given to individuals searching for harmful content online,. Through innovative technology R;pple addresses the lack of intervention and instead provides an immediate display on a user's device once they are flagged as searching for online content relating to self-harm or suicide. It ensures these users are presented with an opportunity of hope that things will get better as well as providing immediate mental health support and resources.



SANE

www.sane.org.uk; **0300 304 7000 (4.00 pm to 10.00 pm 365 days a year)**

A national mental health helpline providing information and support to people with mental health problems and those who support them. Their trained and experienced team of staff and volunteers provide emotional support by phone, email and text. You can also share experiences with others in their online peer-led forum.



Shout

www.giveusashout.org; Text Shout to 85258 to start a conversation (24/7)

Shout is a free, confidential, anonymous service for anyone in the UK. It helps with a range of issues from depression and suicidal thoughts to relationship problems and anxiety. It won't appear on your phone bill.



SUPPORTLINE

www.supportline.org.uk; 01708 765200; email: info@supportline.org.uk

SupportLine offers confidential emotional support to children, young adults and adults by telephone, email and post. It works with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life. It is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, at risk, vulnerable and victims of any form of abuse.



The Mix

www.themix.org.uk; 0808 808 4994 (Helpline is open 4.00 pm – 1.00 am Monday to Saturday; for other services see the website). Crisis Support: Text 'THEMIX' to 85258

The Mix is the UK's leading support service for young people. It provides judgement-free information and support to young people aged 13-25 on a range of issues from mental health to money, from homelessness to finding a job, from break-ups to drugs. Young people can access The Mix's support via phone, email, webchat, peer to peer and counselling services.



Nacoa

www.nacoa.org.uk; 0800 358 3456; email helpline@nacoa.org.uk (Helpline opening hours: Monday to Saturday 12.00 noon to 7.00 pm (telephone); 12.00 pm – 9.00 pm (email))

1 in 5 children in the UK are affected by their parents' drinking. Nacoa (The National Association for Children of Alcoholics) provides a free, confidential telephone and email helpline as well as online message boards and helpful resources for children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem.



Samaritans

www.samaritans.org; 116 123 (24/7)

Samaritans provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. It has long been a safe place for anyone to talk at any time in their chosen way - by phone, email, by letter or face to face. They are also piloting an online chat.



talkED

www.talk-ed.org.uk; [Contact details on the website](#)

Talk ED is the new name for Anorexia and Bulimia Care. It is a national charity providing emotional support and practical advice to anyone in the UK affected by an eating disorder or eating distress. It offers personalised, practical and accessible peer-led services. It offers help in a range of ways including offering a range of free 1:1 and group support services and provides a safe discussion space; it helps families support their loved ones; and it connects people affected by eating disorders with others through their befriending service, peer support groups and workshops.

**we are
withyou**

With You

www.wearewithyou.org.uk; **Contact details on the website**

With You is a UK-wide treatment agency that provides free, confidential support (on line or face to face) to people (including family and friends) affected by issues with drugs, alcohol or mental health.

YOUNGMINDS
fighting for young people's mental health

YOUNGMINDS

www.youngminds.org.uk; **Parents Helpline: 0808 802 5544 (Monday - Friday 9:30 am - 4:00 pm or chat on Webchat) or contact by email**; **YoungMinds Crisis Messenger (24/7 text service): text YM to 85258 (24/7)**

This charity, part of Mind, was set up to support young people, up to 25 years old and provide them with the tools needed to look after their mental health. The website has lots of information and advice on what to do when struggling with feelings. It also helps parents and adults working with young people to be the best support they can to the young people around them. They believe no-young person should feel alone with their mental health. A helpline and crisis messenger service are also available.