

# Mental Health Support (UK)

Please note that this is not an exhaustive list, and there are many other mental health support services available in the UK. It's important to reach out and seek help if you or someone you know is struggling with mental health issues.



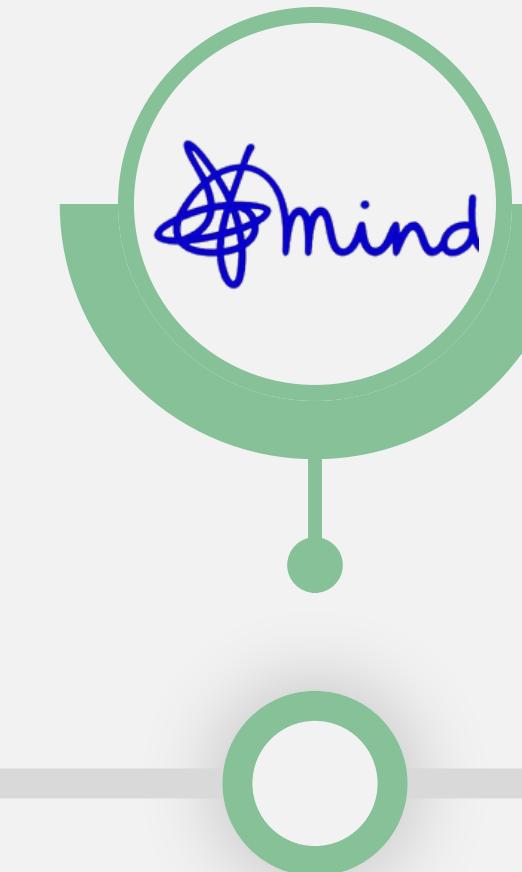
## NHS

The National Health Service (NHS) provides a range of mental health services, including access to therapists, psychologists, and psychiatrists. You can consult your GP or visit the NHS website for more information.



## Samaritans

Samaritans is a helpline available 24/7 for anyone in distress or needing emotional support. You can call them at 116 123 or visit their website to chat with a trained volunteer.



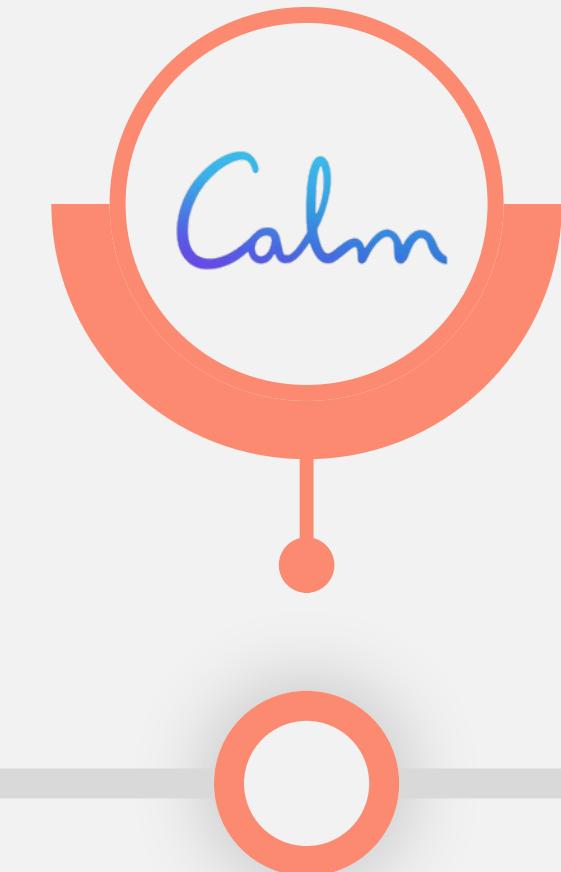
## Mind

Mind is a mental health charity that offers information, advice, and support for anyone experiencing mental health problems. They have a helpline, online resources, and local branches across the UK. Visit their website for more information.



## YoungMinds

YoungMinds is a charity dedicated to supporting children and young people's mental health. They provide information, resources, and a parent helpline for concerned parents. Visit their website for more information.



## CALM

The Campaign Against Living Miserably (CALM) is a leading charity focused on preventing male suicide. They offer a helpline, webchat, and online resources for anyone in need of support. Visit their website for more information.

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## Rethink

Rethink Mental Illness is a charity that provides support and advice for individuals affected by mental illness, as well as their families and carers. They offer a helpline, online community, and resources. Visit their website for more information.

## Anxiety UK

Anxiety UK is a charity that specializes in supporting individuals with anxiety disorders. They provide a helpline, online resources, therapy services, and a membership for additional support. Visit their website for more information.

## LGBT Foundation

The LGBT Foundation offers mental health support specifically tailored to the LGBTQ+ community. They provide information, resources, and a helpline. Visit their website for more information.

## Papyrus

Papyrus is a charity dedicated to preventing young suicide. They provide a helpline, text-based support, and resources for young people and those concerned about them. Visit their website for more information.

## Nightline

Nightline is a confidential listening and information service run by students for students. They operate during term time and offer support through phone calls, online chat, or email. Check if your university has a Nightline service.