

## Covid-19 Community Support - MENTAL HEALTH

Group	Online	Telephone	Description
Alzheimer's Society	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)	Provides information on dementia, including factsheets and helplines.
Anxiety UK	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	03444 775 774 (Monday to Friday, 9.30am to 5.30pm)	Charity providing support if you have been diagnosed with an anxiety condition.
Bipolar UK	<a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>		A charity helping people living with manic depression or bipolar disorder.
CALM	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>	0800 58 58 58 (daily, 5pm to midnight)	CALM is the Campaign Against Living Miserably, for men aged 15 to 35.
Cruse Bereavement Care	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>	0808 808 1677 (Monday to Friday, 9am to 5pm)	support, advice and information to children, young people and adults when someone dies.
Family Lives	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	0808 800 2222 (Monday to Friday, 9am to 9pm)	Advice on all aspects of parenting
Mencap	<a href="http://www.mencap.org.uk">www.mencap.org.uk</a>	0808 808 1111 (Monday to Friday, 9am to 5pm)	Charity working with people with a learning disability, their families and carers.
Men's Health Forum	<a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a>		24/7 stress support for men by text, chat and email.
Mental Health Foundation	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>		Provides information and support for anyone with mental health problems or learning disabilities.
Mind	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	0300 123 3393 (Monday to Friday, 9am to 6pm)	Promotes the views and needs of people with mental health problems.
No Panic	<a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.
OCD Action	<a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>	0845 390 6232 (Monday to Friday, 9.30am to 5pm).	Support for people with OCD. Includes information on treatment and online resources.
OCD UK	<a href="http://www.ocduk.org">www.ocduk.org</a>	0333 212 7890 (Monday to Friday, 9am to 5pm)	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.
PAPYRUS	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>	10pm, and 2pm to 10pm on weekends and bank holidays)	Young suicide prevention society.
Relate	<a href="http://www.relate.org.uk">www.relate.org.uk</a>		The UK's largest provider of relationship support.
Rethink Mental Illness	<a href="http://www.rethink.org">www.rethink.org</a>	0300 5000 927 (Monday to Friday, 9.30am to 4pm)	Support and advice for people living with mental illness.
Samaritans	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>	116 123 (free 24-hour helpline)	Confidential support for people experiencing feelings of distress or despair.
SANE	<a href="http://www.sane.org.uk">www.sane.org.uk</a>	0300 304 7000 (daily, 4.30pm to 10.30pm)	Emotional support, information and guidance for people affected by mental illness, their families and carers.
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	0808 802 5544 (Monday to Friday, 9.30am to 4pm)	Information on child and adolescent mental health. Services for parents and professionals.