SAMARITANS

 116 123

[www.samaritans.org.uk](http://www.samaritans.org.uk/%22%20%5Co%20%22SAMARITANS)

Shout

Text SHOUT to 85258

(24/7)

[www.giveusashout.org](http://www.giveusashout.org/%22%20%5Co%20%22Shout)

PAPYRUS

0800 068 41 41

[www.papyrus-uk.org](http://www.papyrus-uk.org/%22%20%5Co%20%22PAPYRUS)

Refuge 0808 200 0247

(24 hours)

[www.refuge.org.uk](http://www.refuge.org.uk/%22%20%5Co%20%22Refuge)

bipolaruk

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

Mind

0300 123 3393

[www.mind.org.uk](http://www.mind.org.uk/%22%20%5Co%20%22Mind)

Young Minds

0808 802 5544

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

OCDuk

0333 212 7890

[www.ocduk.org](http://www.ocduk.org/%22%20%5Co%20%22OCDuk)

Beat Eating disorders

0808 801 0677 / 0808 8010811 / 0808 8010711

[www.b-eat.co.uk](http://www.b-eat.co.uk/%22%20%5Co%20%22Beat%20Eating%20disorders)

CALM – Campaign against living miserably

0800 58 58 58

[www.thecalmzone.net](http://www.thecalmzone.net/%22%20%5Co%20%22CALM%20%E2%80%93%20Campaign%20against%20living%20miserably)

Anxiety UK

03444 775 774

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