

# Where can I go for support?

## Mind

For anyone who may be experiencing a mental health problem or a family or friend:



Mind can help you make choices about treatment, understand your rights or reach out to sources of support.

- The Mind Infoline is open 9am to 6pm, Monday to Friday (except for bank holidays). **0300 123 3393**, Text: **86463**, **info@mind.org.uk**
- **A-Z OF MENTAL HEALTH**: information pages to help you learn more
- **ELEFRIENDS**: a supportive online community where you can be yourself

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

## YoungMinds

For parents and young people

**YOUNGMINDS**

YoungMinds provide practical help and expert knowledge to professionals, parents and young people, and this work includes:

- A free, confidential parent's helpline, which dads and other parents / carers can call if they are worried about how a child or young person is feeling or behaving **0808 802 5544**
- **HEADMEDS** – an innovative website with down-to-earth information on mental health medication
- Expert training, resources and consultancy
- **YOUNGMINDS' YOUNG ACTIVISTS** – working with professionals and policy makers on a local and national level
- **WORKING TO CHANGE ATTITUDES AND POLICIES** – campaigning and raising awareness

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

## The Mix

For young people under 25



The Mix is there to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services in the following ways:

- A free and confidential helpline – **0808 808 4994**
- **DISCUSSION BOARDS** – an online community for young people where they can talk anonymously about anything on their mind
- Live chats online

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

## Contact

For Veterans and Family Members

**contact**

Contact is a collaboration of leading military charities, support organisations, the NHS, the Ministry of Defence, UK Psychological Trauma Society and top academics working together to make the most effective mental health support easily accessible to Service personnel, Ex-Service personnel and their families. Support available through contact includes:

- **COMBAT STRESS** - If you're currently serving, or have served in the UK Armed Forces, or a family member you can call their free 24 Hour Helpline for confidential advice **0800 138 1619**, Text **07537 404 719**, **helpline@combatstress.org.uk**
- **HELP FOR HEROES HIDDEN WOUNDS** - support to Veterans and Armed Forces family members Free and confidential support is available nationally by Skype, phone or face to face. **0808 2020 144** between 9am and 5pm Monday to Friday

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

## CALM

For Men

CALM The Campaign Against Living Miserably is dedicated to preventing male suicide. Support available for Men includes:



- A helpline – **0800 585858** – and webchat (5pm – midnight daily) that are free, accredited, confidential and anonymous, staffed by professionals offering information, support and signposting
- A selection of stories and articles written by men to inspire and support others alongside helpful information and services

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

Together we can change the conversation on mental health

Visit [headstogether.org.uk/oktosay](http://headstogether.org.uk/oktosay)

