



National Advice and Support Contacts

MENTAL AND PHYSICAL HEALTH AND WELLBEING

HUB OF HOPE is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

You can input your postcode and specify your need and be provided with contact details for local organisations who can offer support.

- Visit: [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)

MAXIMUS can help you manage conditions such as anxiety, depression and stress at work via the Access to Work Mental Health Support Service, funded by the Department for Work and Pensions. It's easy to access and there's no cost.

For support:

- Visit: [Maximus | Get Help Today](#)
- Call: 0300 456 8114

MIND offers advice, support and information to people experiencing a mental health difficulty and their family and friends. Mind also has a network of local associations in England and Wales to which people can turn for help and assistance.

For support:

- Call: 0300 123 3393
- Email: info@mind.org.uk



SHOUT is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

For support:

- Text: 85258

NHS MENTAL HEALTH SERVICES provide information and support regarding mental health.

For support:

- Visit: [Get urgent help for mental health - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Visit: [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

PAPYRUS is the national charity dedicated to the prevention of young suicide. It supports people under 35 who are experiencing thoughts of suicide, as well as people concerned about someone else.

For support:

- Call: 0800 068 4141
- Text: 07860 039967
- Email: pat@papyrus-uk.org

SAMARITANS is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland.

For support:

- Call: 116 123
- Email: jo@samaritans.org

CAMPAIGN AGAINST LIVING MISERABLY (CALM) is a charity uniting the UK against suicide.

For support:

- Call: 0800 58 58 58

STONEWALL is a support service for LGBTQ+ communities, offering support on a range of issues including domestic violence.

For support:

- Call: 0800 0502020
- Email: info@stonewall.org.uk

TRANSUNITE.CO.UK is a comprehensive resource for people in the UK searching for support in the transgender community. Its online directory connects people to an established network of trans support groups, both online and locally.

For support:

- Visit: [Find a Group | Trans Unite](https://www.transunite.co.uk)



SURVIVORS OF ABUSE OR VIOLENCE

MEN'S ADVICE LINE UK offers advice and support for men in abusive relationships, both those experiencing violence and abuse from partners, and those concerned about their own violence.

For support:

- Call: 0808 801 0327
- Email: info@mensadvice.org.uk

RAPE CRISIS ENGLAND & WALES is a charity working to end sexual violence and abuse.

For support:

- Call: 0808 802 9999
- Visit: [Rape Crisis: Find a Centre](#)

VICTIM SUPPORT is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.

For support:

- Call: 08 08 16 89 111
- Visit: [Victim Support: Get Help](#)

NATIONAL DOMESTIC ABUSE HELPLINE provides support for women and children experiencing domestic abuse.

For support:

- Call: 0808 2000 247 (Freephone number and open 24 hours).

FINANCIAL AND SOCIAL

SHELTER is a registered charity that campaigns to end homelessness and bad housing in Great Britain.

For support:

- Call: 0808 800 4444
- Visit: [Shelter: Get Help](#)

CRISIS is the UK national charity for people experiencing homelessness. The charity offers year-round education, employment, housing, and well-being services from centres, called Crisis Skylight Centres, in East London, Newcastle, Oxford, Edinburgh, South Yorkshire, South Wales, Croydon, Brent and Merseyside.

For support:

- Visit: [Crisis: Get Help](#)



STEPCHANGE DEBT CHARITY operates across the UK and offers free debt advice and money management.

For support:

- Call: 0800 138 1111
- Visit: [StepChange: Online debt advice service](#)

CITIZENSADVICE is an independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing and other problems in the UK.

For support:

- Visit: [Citizens Advice: Get Help](#)

ACAS gives employees and employers free, impartial advice on workplace rights, rules and best practice. It also offers training and help to resolve disputes.

For support:

- Call: 0300 123 1100

VETERANS

SSAFA, the Armed Forces charity, provides lifelong support to serving personnel and veterans from the British Armed Forces and their families or dependents.

For support:

- Visit: [SSAFA: Get Help](#)

ROYAL BRITISH LEGION, is a British charity providing financial, social and emotional support to members and veterans of the British Armed Forces, their families and dependants.

For support:

- Call: 0808 802 8080

