

United Kingdom

Suicide Prevention

[Samaritans](#) 24/7 helpline: 116 123

[Crisis text line](#): Text SHOUT to 85258

[Papyrus HOPELINEUK](#) for those under 35: 0800 068 4141

The Campaign Against Living Miserably [CALM](#) helpline: 0800 58 58 58

Abuse and Domestic Violence

[National Domestic Abuse Helpline](#) in the UK: 0808 2000 247

Women's Aid [online chat](#)

[Respect Phonenumber](#) for perpetrators of domestic violence: 0808 802 4040

[Respect Men's Advice Line](#) for male victims: 0808 801 0327

[ManKind Initiative](#) for male victims: 01823 334244

[National LGBT+ Domestic Abuse Helpline](#): 0800 999 5428

[NSPCC helpline](#) if you're worried about a child: 0800 800 5000

[NSPCC Childline](#) for under 18s: 0800 1111

[Action on Elder Abuse](#): 080 8808 8141

[Rape Crisis](#) National Telephone Helpline in England and Wales: 0808 802 9999

[Rape Crisis Scotland](#) helpline: 08088 01 03 02

Addiction

[Frank helpline](#): 0300 1236600

[Drinkline](#) national alcohol helpline: 0300 123 1110

[National Association for the Children of Alcoholics \(NACOA\) free helpline](#): 0800 358 3456

[With You](#) Over 50s Alcohol Helpline: 0808 801 0750

[Alcoholics Anonymous \(AA\)](#) National Helpline: 0800 917 7650

[Al-Anon Helpline](#) for family and friends affected by someone else's drinking: 0800 008 6811

[Narcotics Anonymous UK](#) helpline: 0300 999 1212

[Scottish Families Affected by Alcohol and Drugs](#) helpline: 08080 10 10 11

[DrugFAM Helpline](#) for those affected by someone else's drug or alcohol use: 0300 888 3853

[Families Anonymous \(Famanon\)](#) Helpline for those who care about someone with a drug problem:
0207 4984 680

[Release helpline](#) for help and legal advice about drugs: 020 7324 2989

[Dan 24/7](#) drug and alcohol helpline for Wales: 0808 808 2234

[NHS Smokefree](#) helpline for stop smoking services in England: 0300 123 1044

[Smokeline](#) for stop smoking services in Scotland: 0800 84 84 84

[Help Me Quit](#) helpline for stop smoking services in Wales: 0800 085 2219

[Gamcare National Gambling Helpline](#): 0808 8020 133

Bullying/Teens

[National Bullying Helpline](#): 0300 323 0169

[Kidscape](#) Parent's Helpline: 020 7823 5430

[Bullying UK](#) helpline: 0808 800 2222

[NSPCC Childline](#) for under 18s: 0800 1111

[Bully Busters](#) Helpline: 0800 169 6928

[The Mix](#) support for under 25s: 0808 808 4994

[LGBT+ Hate Crime Helpline](#): 020 7704 2040

Eating Disorders

[Beat Eating Disorders](#) Helpline: 0808 801 0677, Youthline: 0808 801 0711, Studentline: 0808 801 0811

[National Centre for Eating Disorders](#) support line: 0845 838 2040

Grief and Loss

[Cruse Bereavement Care](#) Helpline: 0808 808 1677

[Survivors of Bereavement by Suicide](#) National Helpline: 0300 111 5065

[The Compassionate Friends](#) helpline for bereaved parents: 0345 123 2304

LGBTQ+

[MindLine Trans+](#) national helpline: 0300 330 5468

[LGBT+ Hate Crime Helpline](#): 020 7704 2040

[National LGBT+ Domestic Abuse Helpline](#): 0800 999 5428

[LGBT Helpline Scotland](#): 0300 123 2523

[LGBT Foundation](#) advice, support, and information line: 0345 3 30 30 30

[Switchboard LGBT+](#) helpline: 0300 330 0630

[New Family Social](#) Helpline for LGBT adopters and foster parents: 020 3880 2683

Mental Health

[Mind](#) Infoline: 0300 123 3393

[Rethink Mental Illness](#) advice line: 0808 801 0525

[SANeline](#) national out-of-hours mental health helpline: 0300 304 7000

[NHS](#): 111

[Find a local NHS urgent mental health helpline](#) (England only)

[Anxiety UK](#): 03444 775 774

[Breathing Space](#) (Scotland): 0800 83 85 87

[SupportLine](#) for emotional support on any issue: 01708 765200

[Beacon House Resources](#) A free collection of mental health resources

[Self-Injury Support](#) Helpline for women: 0808 800 8088

[ZEST](#) (N. Ireland): 0287 126 6999

Parenting

[Family Lives](#) Helpline: 0808 800 2222

[YoungMinds Parents Helpline](#): 0808 802 5544

[Children 1st ParentLine Scotland](#) Helpline: 08000 28 22 33

[Gingerbread](#) Single Parent Helpline: 0808 802 0925

[Grandparents Plus](#) advice service: 0300 123 7015

[New Family Social](#) Helpline for LGBT adopters and foster parents: 020 3880 2683

[Cry-sis Helpline](#) for parents with crying and sleepless babies: 08451 228 669