

# Helplines

## The Listening Ear

### Anxiety UK

Providing support if you have been diagnosed with an anxiety condition. Phone: 03444775774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday 10am to 8pm).

### The Listening Ear

The Arran Ear support Service is available on 01770 649 505 if you would like a friendly confidential chat with understanding, non judgemental, trained 'listeners'

### Breathing Space

Free confidential support for people experiencing low mood, depression or anxiety, call 0800838587 (Mon–Thurs, 6pm–2am and Fri 6pm–Mon 6am).

### Campaign Against Living Miserably

For men aged 15 to 35. Phone: 0800585858 (Daily, 5pm to midnight).

### Men's Health Forum

24/7 stress support for men by text, chat and email.

### No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Phone: 08449674848 (Daily, 10am to 10pm). Calls cost 5p per minute plus phone provider's access charge.

### OCD Action

Support for people with OCD. Includes information on treatment and online resources. Phone: 08453906232 (Monday to Friday 9.30am to 5pm). Calls cost 5p per minute plus phone provider's access charge.

### OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 03332127890 (Monday to Friday, 9am to 5pm).

### Papyrus UK

Young suicide prevention society. Phone: HOPELINEUK 08000684141 (Monday to Friday, 10am to 10pm; Weekends and Bank holidays, 2pm to 10pm).

### ReThink

Support and advice for people living with mental illness. Phone 03005000927 (Monday to Friday, 9.30am to 4pm).

### Samaritans

Charity offering support to people who are suicidal or despairing, call 116123 (lines open 24 hours).

### Sane

Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 03003047000 (Daily, 4.30pm to 10.30pm).

### Young Minds

Information on child and adolescent mental health. Services for parents and professionals. Phone: Parent's helpline 08088025544 (Monday to Friday, 9.30am to 4pm).

