

Helplines

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).

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).