

Places to turn for help:

Abortion:

<https://mariestopes.org.uk/>

<https://www.bpas.org/>

Addiction sufferer/friends/family

Ad Fam: <http://www.adfam.org.uk/>

Addiction Helper: <http://www.addictionhelper.com/>

Frank: <http://www.talktofrank.com/>

Gam Care: <http://www.gamcare.org.uk/>

Anxiety:

Anxiety UK: <http://www.anxietyuk.org.uk/>

No Panic: <http://www.nopanic.org.uk/>

OCD Action

0845 390 6232

ocdaction.org.uk

Information and support for people with experience of OCD, and their friends, family and carers.

OCD-UK

0845 120 3778

ocduk.org

A charity run by people with OCD who campaign and can help with local support group information.

Autism:

Autism Independent UK: <http://www.autismuk.com/>

The National Autistic Society: <http://www.autism.org.uk/>

Bereavement:

For information on suicide bereavement support, please visit our dedicated page [here](#).

Child Bereavement Network: <http://www.childhoodbereavementnetwork.org.uk>

Child Bereavement UK: <http://www.childbereavementuk.org/>

Compassionate Friends: <http://www.tcf.org.uk/>

Cruse Bereavement Care: <http://www.cruse.org.uk/>

Grief Encounter: <http://www.griefencounter.org.uk/young-people/>
Hope Again - Cruse Bereavement for Children: <http://hopeagain.org.uk/hope-again-about->

Borderline Personality Disorder:

BPD World: <http://www.bpdworld.org/>
Rethink: <https://www.rethink.org/>

Bipolar:

Bipolar UK: <http://www.bipolaruk.org.uk/>
Rethink: <https://www.rethink.org/>

Bullying:

Bullying UK: <http://www.bullying.co.uk/>
Kidscape: www.kidscape.org.uk
StopSpeakSupport: www.stopspeaksupport.com/

Carers:

Carers Trust: <http://www.carers.org/>
Carers UK: <http://www.carersuk.org/>

Child Abuse current and historic:

<http://www.barnardos.org.uk/>

Cis'ters: <http://cisters.org.uk/>

Childline: <http://www.childline.org.uk/pages/home.aspx>

Help for Adult Victims of Child Abuse: www.havoca.org

Mankind: <http://www.mankindcounselling.org.uk/>

MOSAC: <http://www.mosac.org.uk/>

National Association for People Abused in Childhood: <http://napac.org.uk/>

National Society for the Prevention of Cruelty to Children: <https://www.nspcc.org.uk/>

Stop it Now: www.stopitnow.org.uk

Survivors UK: <https://www.survivorsuk.org>

Chronic Pain:

<https://painuk.org/members/charities/>

<http://painsupport.co.uk/help-advice/medical-consults/>

<http://www.action-on-pain.co.uk/>

Counselling:

Youth Access: <http://www.youthaccess.org.uk/>

British Association of Counselling and Psychotherapy: www.bacp.co.uk

British Association of Behavioural and Cognitive Psychotherapies: www.babcp.co.uk

Crime:

Victim Support: <https://www.victimsupport.org.uk/>

Debt:

<https://www.stepchange.org/>

<https://www.nationaldebtline.org/>

Depression:

Charlie Waller Memorial trust: <http://www.cwmt.org.uk/>

Friends in Need: <https://friendsinneed.co.uk/>

Peer Support via Mind: <https://www.mind.org.uk/>

Recovery Letters: <http://therecoveryletters.com/>

Domestic Violence:

<https://www.gov.uk/stop-forced-marriage>

respectphonenumber.org.uk

mensadviceline.org.uk

<https://www.womensaid.org.uk/information-support/helpline/>

Eating Disorders:

<http://www.b-eat.co.uk/>

Elder abuse/ Learning disability abuse:

elderabuse.org.uk

respond.org.uk

Exam Advice:

<http://www.studentminds.org.uk/>

www.childline.org.uk

General Help:

<https://hubofhope.co.uk/>

The Mix: <http://www.themix.org.uk/>

Nightline Association: <http://nightline.ac.uk/>

Young Minds: <http://www.youngminds.org.uk/>

Youth Access: www.youthaccess.org.uk

Mental Health:

Mind: <http://www.mind.org.uk/>

Rethink: <https://www.rethink.org/>

SANE: <http://www.sane.org.uk/>

The Big White Wall: www.bigwhitewall.com

DocReady: <https://www.docready.org>

Housing:

Shelter: <http://www.shelter.org.uk/>

Men:

<https://www.thecalmzone.net/>

<http://andysmanclub.co.uk/>

Older People:

Silverline: <https://www.thesilverline.org.uk/>

Online Safety:

Get Safe Online: <https://www.getsafeonline.org/>

Parents Support:

Barnardos: <http://www.barnardos.org.uk/>

Family Lives: <http://www.familylives.org.uk/>

Sure Start: <https://www.gov.uk/find-sure-start-childrens-centre>

Young Minds: <http://www.youngminds.org.uk/>

Gingerbread: <https://www.gingerbread.org.uk/>

Pregnancy/Childbirth and Miscarriage:

The Association for Post Natal Illness

020 7386 0868

apni.org

Provides support to mothers with postnatal depression.

Birth trauma association

birthtraumaassociation.org.uk

Support for women who have experienced traumatic childbirth, and their partners.

The Miscarriage Association

miscarriageassociation.org.uk

Information and support for anyone affected by miscarriage.

Sands

sands.org.uk

Stillbirth and neonatal death charity, providing information and support for anyone affected by these issues.

PANDAS

pandasfoundation.org.uk

Information and support for anyone experiencing a mental health problem during or after pregnancy.

Prisoners:

NACRO: <https://www.nacro.org.uk/resettlement-advice-service/>

Offenders family helpline: <http://www.offendersfamilieshelpline.org/>

PACT prison advice: <http://www.prisonadvice.org.uk/>

UNLOCK: <http://www.unlock.org.uk/>

Rape/Sexual Assault:

Lifecentre: <http://www.lifecentre.uk.com/>

Rape Crisis: <http://www.rapecrisis.org.uk/>

Survivors Trust: <http://www.thesurvivorstrust.org/>

Relationships:

Relate: www.relate.org.uk

Self-Harm:

TESS: <http://www.selfinjurysupport.org.uk/>

Sexuality and Gender

Beaumont Society: <http://www.beaumontsociety.org.uk/>

LGBT Foundation: <https://lgbt.foundation/>

LGBT Scotland: <http://www.lgbthealth.org.uk/helpline/>

Stonewall: <http://www.stonewall.org.uk/>

Suicide:

<http://www.maytree.org.uk/>

Support/Listening:

If U Care Share: <http://www.ifucareshare.co.uk/>

Samaritans: <http://www.samaritans.org/>

Supportline: <http://www.supportline.org.uk>

CALM: <https://www.thecalmzone.net/>

Breathing Space: <http://breathingspace.scot/>

Trauma:

ASSIST trauma care

helpline: 0178 856 0800

assisttraumacare.org.uk

Information and specialist help for people with PTSD and anyone supporting them.

Voices:

Hearing Voices Network: <http://www.hearing-voices.org/>

Women:

<http://rightsofwomen.org.uk/>