

<u>Abuse</u>	Phone Number	Website	E-mail
Help for Adult Victims of Child Abuse (HAVOCA)		havoca.org	
Lifecentre	0808 802 0808 (freephone) 07717 989 022 (textline)	lifecentre.uk.com	
Men's Advice Line	0808 801 0327	mensadvice.org.uk	
National Domestic Abuse Helpline (for women)	0808 2000 247	nationaldahelpline.org.uk	
Survivors UK (for men)	020 3322 1860 - text message 074 9181 6064 - Whatsapp message	survivorsuk.org	
The National Association for People Abused in Childhood (NAPAC)	0808 801 0331	napac.org.uk	support@napac.org.uk
The Survivors Trust	0808 8010 818	thesurvivorstrust.org	
Women's Aid	Women's Aid Live Chat support	womensaid.org.uk	
<u>Addiction</u>			
Adfam		adfam.org.uk helpline@al-anonuk.org.uk	
Al-Anon	0800 0086 811	al-anonuk.org.uk	
Alcohol Change UK		alcoholchange.org.uk	

Alcoholics Anonymous (AA)	0800 9177 650	alcoholics-anonymous.org.uk	help@aamail.org
Club Drug Clinic	020 3317 3000	clubdrugclinic.cnwl.nhs.uk	
Cocaine Anonymous UK	0800 612 0225 0808 808 2234	cauk.org.uk	
DAN 24/7	81066 (text DAN)	dan247.org.uk	
DrugFAM	0300 888 3853	drugfam.co.uk	
Families Anonymous	0207 4984 680	famanon.org.uk	
FRANK	0300 123 6600	talktofrank.com	
Marijuana Anonymous	0300 124 0373	helpline@marijuana-anonymous.org.uk marijuana-anonymous.co.uk	
Narcotics Anonymous	0300 999 1212	ukna.org	
National Association for Children of Alcoholics	0800 358 3456	helpline@nacoa.org.uk nacoa.org.uk ask@release.org.uk (email helpline)	
Release	020 7324 2989	release.org.uk	
We Are With You		wearewithyou.org.uk	
<u>Anger</u>			
Respect		respect.uk.net	
<u>Anxiety</u>			
Anxiety UK	03444 775 774 (helpline) 07537 416 905 (text)	anxietyuk.org.uk	
No More Panic		nomorepanic.co.uk	
No Panic	0300 7729844	nopanic.org.uk	

Triumph Over Phobia (TOP
UK)

topuk.org

Bereavement

Child Bereavement UK

[0800 028 8840](tel:0800 028 8840)

childbereavementuk.org

Cruse Bereavement Care

[0808 808 1677](tel:0808 808 1677)

cruse.org.uk

RoadPeace

[08454 500 355](tel:08454 500 355)

roadpeace.org

Sands

[0808 802 6868](tel:0808 802 6868)

sands.org.uk

The Lullaby Trust

[\(Bereavement support\)](tel:0808 802 6868)

lullabytrust.org.uk

Body Dysmorphia

Body Dysmorphic Disorder
Foundation

bddfoundation.org

Depression

Campaign Against Living

Miserably (CALM)

[0800 58 58 58](tel:0800 58 58 58)

thecalmzone.net

Depression UK

depressionuk.org

Postpartum Men

postpartummen.com

Disability

Scope

[0808 800 3333](tel:0808 800 3333)

scope.org.uk

Dissociation/Dissociative Disorders

Clinic for Dissociative

Studies

[020 7794 1655](tel:020 7794 1655)

clinicds.co.uk

European Society for Trauma

and Dissociation

estd.org

First Person Plural

firstpersonplural.org.uk

The International Society for the
Study of Trauma and Dissociation

isst-d.org

Eating Disorders

Anorexia and Bulimia Care

(ABC)

[03000 11 12 13](tel:03000111213)

anorexiabulimiare.org.uk

Beat

[0808 801 0677](tel:08088010677)

beateatingdisorders.org.uk

Overeaters Anonymous Great

Britain

oagb.org.uk

Hoarding

Help for Hoarders

helpforhoarders.co.uk

Hoarding Disorders UK

[0330 133 2310](tel:03301332310)

hoardingdisordersuk.org

Hoarding UK

[020 3239 1600](tel:02032391600)

hoardinguk.org

Rainbow Red

[07931 303310](tel:07931303310)

rainbowred.co.uk

LGBTQ+ Support

Consortium

consortium.lgbt/member-directory

Empty Closets

emptyclosets.com

Galop

[0800 999 5428](tel:08009995428) (domestic abuse)

galop.org.uk

help@galop.org.uk

Gender Identity Research &
Education Society (GIRES)

gires.org.uk

Pink Parents

pinkparents.org.uk

Switchboard

[0300 330 0630](tel:03003300630)

switchboard.lgbt

OCD

Maternal OCD

maternalocd.org

OCD Action

[0300 636 5478](tel:03006365478)

ocdaction.org.uk

OCD-UK

[01332 588 112](tel:01332588112)

ocduk.org

Old Age & Loneliness

Age UK

[0800 678 1602](tel:08006781602)

ageuk.org.uk

Befriending Networks

befriending.co.uk

Meetup.com

meetup.com

Reengage

reengage.org.uk

The Silver Line

[0800 4 70 80 90](tel:08004708090)

thesilverline.org.uk

Web of Loneliness

webofloneliness.com

Paranoia

Mood Diaries

medhelp.org/land/mood-tracker

moodscope.com

moodchart.org

moodpanda.com

National Paranoia Network

nationalparanoianetwork.org

Personality Disorder

Borderline Arts (BPD -

Borderline PD)

borderlinearts.org

Personality Disorder

personalitydisorder.org.uk

Pregnancy & Birth (including
stillbirth, miscarriage & premature birth)

Birth Trauma Association

birthtraumaassociation.org.uk

National Childbirth Trust
(NCT)

[0300 330 0700](tel:03003300700)

nct.org.uk

Netmums

netmums.com

PANDAS Foundation	0843 28 98 401	pandasfoundation.org.uk
Start4Life		nhs.uk/start4life
The Association for Post	020 7386 0868	apni.org
The Breastfeeding Network	0300 100 0212	breastfeedingnetwork.org.uk
The Miscarriage Association	01924 200799	miscarriageassociation.org.uk
Tommy's		tommys.org
<u>Premenstrual dysphoric disorder (PMDD)</u>		
International Association for Premenstrual Disorders		iapmd.org
Me v PMDD		mevpmdd.com
National Association for Premenstrual Syndrome (NAPS)	0844 8157311	pms.org.uk
You and Your Hormones		yourhormones.info
<u>PTSD</u>		
ASSIST Trauma Care		assisttraumacare.org.uk
Combat Stress	0800 1381 619	combatstress.org.uk
Disaster Action		disasteraction.org.uk
Freedom from Torture		freedomfromtorture.org
PTSD Resolution	0300 302 0551	ptsdresolution.org
PTSD UK		ptsduk.org
<u>Self Harm</u>		

distrACT

nhs.uk/apps-library/distract

National Self Harm Network
(NSHN)

nshn.co.uk

Harmless

harmless.org.uk

LifeSIGNS

lifesigns.org.uk

Self-injury Support

[0808 800 8088](tel:08088008088)

[0780 047 2908 \(text support\)](tel:07800472908)

selfinjurysupport.org.uk

[0808 808 4994](tel:08088084994)

The Mix

[85258 \(crisis messenger service,](tel:85258)

[text THEMIX\)](text:THEMIX)

themix.org.uk

Single Parent Families

Gingerbread

[0808 802 0925](tel:08088020925)

gingerbread.org.uk

Sleep Disorders

British Snoring & Sleep

Apnoea Association

britishsnoring.co.uk

Narcolepsy UK

[0345 450 0394](tel:03454500394)

narcolepsy.org.uk

The Sleep Apnoea Trust
Association

sleep-apnoea-trust.org

Stress

Stress Management Society

stress.org.uk

Suicide

Maytree Suicide Respite
Centre

[020 7263 7070](tel:02072637070)

maytree.org.uk

National Suicide Prevention
Helpline UK

[0800 689 5652](tel:08006895652)

www.spbristol.org/NSPHUK

Papyrus HOPELINEUK	0800 068 41 41	papyrus-uk.org	pat@papyrus-uk.org
Shout	07860039967 (text)	giveusashout.org	
Stay Alive	85258 (text SHOUT)	prevent-suicide.org.uk	
Survivors of Bereavement by Suicide (SOBS)		uk-sobs.org.uk	
<u>Therapy / Counselling</u>			
Association for Family Therapy and Systemic Practice (AFT)		aft.org.uk	
British Association for Behavioural and Cognitive Psychotherapies (BABCP)		babcp.com	
British Association for Counselling and Psychotherapy (BACP)		bacp.co.uk	
Improving Access to Psychological Therapies (IAPT)		nhs.uk/service-search/find-a-psychological-therapies-service	
The Consortium for Therapeutic Communities Triumph Over Phobia (TOP UK)	therapeuticcommunities.org	topuk.org	

UK Council for Psychotherapy
(UKCP)

Voices

Hearing Voices Network

Intervoice

Understanding Voices

Voice Collective

Other

Carers UK

0808 808 7777

carersuk.org

advice@carersuk.org

Do IT

doit.life

Family Action

0808 802 6666

family-action.org.uk

Family Lives

0808 800 2222

familylives.org.uk

Fatherhood Institute

fatherhoodinstitute.org

Health and Safety Executive
(HSE)

hse.gov.uk

Mental Health Foundation

mentalhealth.org.uk

Mind Tools

mindtools.com

National Debtline

nationaldebtline.org

National Institute for Health
and Care Excellence (NICE)

nice.org.uk

NHS Live Well

nhs.uk/livewell

NHS Services Finder

nhs.uk/service-search

Parkinson's UK

0808 800 0303

parkinsons.org.uk

Reading Well

reading-well.org.uk

Relate		relate.org.uk	
Rethink Mental Illness	0808 801 0525	rethink.org	
Royal College of Psychiatrists		rcpsych.ac.uk	
Samaritans	116 123	samaritans.org	jo@samaritans.org
Sane		sane.org.uk	
Social Farms & Gardens		farmgarden.org.uk	
Student Minds		studentminds.org.uk	
The National Tremor Foundation		tremor.org.uk	
The Prison Reform Trust	0808 802 0060	prisonreformtrust.org.uk	
Time to Change		time-to-change.org.uk	
Togetherall		togetherall.com	
Togetherall		togetherall.com	
Turning Point		turning-point.co.uk	
YoungMinds	0808 802 5544 (Parents Helpline) 85258 (Crisis Messenger for young people - text the letters YM)	youngminds.org.uk	