



Your Wellbeing Team





**For advice on how to manage feelings of anxiety
visit www.mentalhealth.org.uk/mhaw
or scan the QR code**



FOUNDATION

Anxiety UK, 03444 755 744, www.anxietyuk.org.uk
Charity providing support if you have been diagnosed with an anxiety condition. (Mon-Fri — 9:30am-10pm; Sat-Sun — 10am-8pm).

Bipolar UK, www.bipolar.org.uk
A charity helping people living with manic depression or bipolar disorder.

CALM, 0800 58 58 58, www.thecalmzone.net
CALM is a Campaign Against Living Miserably, for men aged 15 to 35.
(Daily, 5pm to midnight).

Men's Health Forum, www.menshealthforum.org.uk
24/7 stress support for men by text, chat and email.

Mental Health Foundation, www.mentalhealth.org.uk
Provides information and support for anyone with mental health problems or learning disabilities.

Mind, 0300 123 3393, www.mind.org.uk
Promotes the views and needs of people with mental health problems
(Mon-Fri — 9am-6pm).

No Panic, 0844 967 4848, www.nopanic.org.uk
Voluntary charity offering support for sufferer of panic attacks and obsessive compulsive disorder. Calls cost 5p p/m + network charge
(Daily, 10am-10pm).

OCD Action, 0845 3906232, www.ocdaction.org.uk
Support for the people with OCD. Includes information on treatment and online resources. Calls cost 5p p/m + network charge
(Mon-Fri — 9:30am-5pm).

OCD UK, 0333 212 7890, www.ocduk.org
A charity run by people with OCD, for people with OCD. Includes facts, news and treatments (Mon-Fri — 9am-5pm).

PAPYRUS, 0800 068 4141, www.papyrus-uk.org
Young suicide prevention society.
(Mon-Fri — 10am-10pm; Sat-Sun — 2pm-10pm).

Rethink Mental Illness, 0300 5000 927, www.rethink.org
Support and advice for people living with mental illness
(Mon-Fri — 9:30am-4pm).

Samaritans, 116 123, www.samaritans.org.uk
Confidential support for people experiencing feelings of distress or despair. (Free 24-hour helpline).

SANE, 0300 304 7000, www.sane.org.uk/support
Emotional support, information and guidance for people affected by mental illness and their families. (Daily, 4:30pm-10:30pm).

YoungMinds, 0808 802 5544, www.youngminds.org.uk
Information on child and adolescent mental health. Services for parents and professionals. (Mon-Fri — 9:30am-4pm).

#ToHelpMyAnxiety