

National Suicide Helpline UK

National Suicide Helpline UK offers a supportive listening service to anyone throughout the UK with thoughts of suicide or thoughts of self-harm. They are open 24/7.

Tel: 0800 689 5652

Premier Lifeline

Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective

Tel: 0300 111 0101

Anxiety UK

Anxiety UK works to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

Tel: 03444 775 774

No Panic

No Panic offers support and services over the telephone to people in the UK who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders, and other related anxiety disorders including those people who are trying to give up Tranquillisers. Their line is available from 10 am to 10 pm every day of the year. After 10:00 pm their number plays a recording of a Breathing and Relaxation Technique.

Tel: 0844 967 4848

Childline offers 24-hour free, private, and confidential services to children and parents throughout the UK. Whatever your worry, whenever you need help, they can help you anytime.

Tel: 0800 1111

Refuge

