

Mental Health Support & Hotlines

ANXIETY UK

www.anxiety.org.uk
0844775774

Resource centre to help people living with anxiety and anxiety based depression

CALM

www.thecalmzone.net

This organisation is dedicated to preventing male suicides

MIND

www.mind.org.uk
03001233393

Mind provides advice and support for people suffering with mental health issues

PAPYRUS

www.Papyrus-U.K.org
Hopeline U.K. 08000684141

U.K. charity helping to prevent suicide amongst young men and women under the age of 35

RETHINK MENTAL ILLNESS

www.rethink.org
0300 5000 927

Help people in the U.K. affected by Mental Health Problems

SAMARITANS

www.samaritans.org.uk
116 123.

Provide a 24 hour listening service helpline. They offer a safe place for people to talk about their problems.

SHOUT TEXT SERVICE

Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

YOUNG MINDS

www.youngminds.org.uk
Parents helpline 0808 802 5544

To help young people have the best chance and strongest voice in improving their mental health

Organisations that help the workplace with workplace well-being and Mental health

PEOPLE VISION

<https://www.pvhr.com/mental-health-therapies>

We provide the highest quality Mental Health Training content and our incredible nationwide team deliver a combination of learning techniques, presentations, discussions, case studies and interactive exercises. All available virtually or face to face.

WORKING WITH YOU IN MIND

www.workingwithyouinmind.co.uk
07583478993

We provide specialist Mental health and workplace wellness programmes, coaching, non-clinical mentoring designed around the unique requirements of your business.

BACP – COUNSELLING DIRECTORY

www.counselling-directory.org.uk

Find a local NHS urgent mental health helpline

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



PEOPLE VISION
HUMAN RESOURCES



BRITISH CONTRACT FURNISHING ASSOCIATION