



Seek additional help

There are so many different options for professional help, and it is finding the right group, therapy and person for you.

Here's a list of options that you may find useful:

Rewind Your Mind

Telephone: 077 177 48203

Email: Ghitta@rewindyourmind.co.uk

Website: www.rewindyourmind.co.uk

Ghitta Basson provides individual, 1-2-1 therapy sessions / Mental Health Support. She is able to help if you are suffering with stress, anxiety, fears, phobias and panic attacks. Low self-esteem as well as sleep improvement, relationship problems, depression, irritable bowel syndrome, chronic pain and general mental health issues.

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: <https://www.samaritans.org>

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Construction Industry Helpline

Telephone: 0345 605 1956 or text HARDHAT to UK 85258

Email: info@mind.org.uk

Website: www.constructionindustryhelpline.com

The Construction Industry Helpline provides a 24/7 safety net for all construction workers and their families in the UK and Ireland. It is a charitable service funded by the industry, for the industry and provides;

- Emergency financial aid to construction families in crisis
- Advice on occupational health and mental wellbeing
- Support on legal, tax and debt management matters

CALM (Campaign Against Living Miserably)

Telephone: 0800 58 58 58

Website: www.thecalmzone.net

CALM offers a helpline for men in the UK who are feeling low, overwhelmed, or experiencing suicidal thoughts.



PAPYRUS

Telephone: 0800 068 41 41

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org

PAPYRUS supports young people under 35 at risk of suicide and those concerned about someone struggling with suicidal thoughts.

Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

Email: info@mind.org.uk

Website: www.mind.org.uk/information-support/helplines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

Email: [online contact form](#)

Website: <http://www.rethink.org/about-us/our-mental-health-advice>

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs [Rethink services and groups](#) across England.

Saneline

Telephone: 0300 304 7000 (4:30pm-10:30pm)

Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

Andy's Man Club

Website: www.andysmanclub.co.uk

Andy's Man Club offers peer-to-peer support groups for men, encouraging open discussions about mental health to reduce male suicide rates. (Meet every Monday night across the UK)



Text Services

- **Shout**

Text: 85258

Website: www.giveusashout.org

A 24/7 text service offering free support for anyone in crisis or struggling to cope.

Online Services

- **Elefriends**

Website: www.elefriends.org.uk

An online community run by Mind, offering peer support and a safe space for people experiencing mental health challenges.

- **The Mix**

Website: www.themix.org.uk

A free, confidential service for under-25s, providing advice and support on a range of issues, including mental health, relationships, and money.

Specific Mental Health Conditions

- **OCD Action**

Telephone: 0845 390 6232

Email: support@ocdaction.org.uk

Website: www.ocdaction.org.uk

A charity providing dedicated services, information, and support for those with obsessive-compulsive disorder.

- **National Eating Disorders Association (NEDA)**

Telephone: 0808 801 0677

Website: www.b-eat.co.uk

NEDA offers support and guidance to those affected by eating disorders.

- **Anxiety UK**

Telephone: 03444 775 774

Email: support@anxietyuk.org.uk

Website: www.anxietyuk.org.uk

Provides help and advice for people dealing with anxiety, panic attacks, and related conditions.

- **Beat Eating Disorders**

Telephone: 0808 801 0677

Email: help@beateatingdisorders.org.uk

Website: www.beateatingdisorders.org.uk

The UK's leading charity supporting people affected by eating disorders and their loved ones.