​

​

**Government/NGO/Charity Helplines**

​Government Helplines

​

⚫Government Business Support Helpline:

0300 456 3565

<https://www.gov.uk/business-support-helpline>

​

🔴HMRC Coronavirus Tax Helpline:

0800 015 9559

<https://www.gov.uk/difficulties-paying-hmrc>

​

⚫Universal Credit Helpline:

0800 328 5644

<https://www.understandinguniversalcredit.gov.uk/already->…/…/

​

🔴School Closures Coronavirus Helpline:

0800 046 8687

<https://www.gov.uk/>…/guidance-to-educational-settings-about…

Mental Health

⚫Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

🔴Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

⚫CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

🔴Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

⚫Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

🔴Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

⚫No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

🔴OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

⚫OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

🔴PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

⚫Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

🔴Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

⚫SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

🔴SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

​

⚫YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

​

Debts

​

🔴Step Change

FreeHelpline: 0800 138 1111

[stepchange.org](http://stepchange.org)

⚫National Debtline

Free Helpline: 0808 808 4000

[nationaldebtline.co.uk](http://nationaldebtline.co.uk)

🔴Business Debtline

Free Helpline: 0800 197 6026

[bdl.org.uk](http://bdl.org.uk)

⚫Debtors Anonymous

[Debtorsanonymous.org.uk](http://Debtorsanonymous.org.uk)

🔴Turn2us

Helpline: 0808 802 2000

[Turn2us.org.uk](http://Turn2us.org.uk)

Older People

⚫Age UK

Helpline: 0800 169 6565

[ageuk.org.uk](http://ageuk.org.uk)

How to overcome loneliness

🔴Independent Age (Advice and Support for Older Age)

Advice line: 0800 319 6789

Independentage.org

⚫RVS (Royal Voluntary Service)

Call: 0845 608 0122

Domestic Abuse

🔴National domestic abuse helpline

0808 200 0247

⚫Domestic Violence Assist

0800 195 8699 - specialises in providing assistance to obtain emergency injunctions

🔴Women’s Aid Domestic Violence

0808 2000 247

⚫Men’s Advice Line

0808 801 0327

🔴National LGBT Domestic Abuse Helpline

0800 999 5428

⚫National Centre for Domestic Violence

0800 970 2070

🔴National Stalking Helpline

0808 802 0300

​

⚫Victim Support

08 08 16 89 111

​

​

**ChildLine (all under 19 year olds)**:

0800 1111

[https://www.childline.org.uk](https://www.childline.org.uk/)

"We've had to suspend our midnight to 9am service last night but otherwise we are still available to all under 19 year olds"