

Do you need urgent help?

There is help available to ensure you feel understood, supported, and connected to the right resources when you need it the most.

Urgent help resources

I'm experiencing a mental health crisis. What should I do?

If you feel that you are not able to keep yourself safe, please **phone 999** or go to your nearest A&E.

If you have a Crisis Line number, given to you by a health professional, please call it. If not, you can access your local Mental Health Crisis team via the NHS by **phoning 111**.

I have a non-life-threatening mental health care question.

Please **call 111** (for the NHS 111 Service) or your GP for support.

You can also refer yourself for NHS provided therapy via the – 'Find an NHS psychological therapies service (IAPT)'.
[Find an NHS psychological therapies service \(IAPT\)](#)

Are there mental health support options outside of the NHS?

Yes. You can access alternative mental health support by contacting any of the below charities:

Samaritans - The Samaritans operate a free service if you want to talk to someone in confidence. **Call 116 123** (24 hours a day, 365 days a year.)

Mind - Mind provides information on a range of topics including types of mental distress, where to get help, advocacy, and provides details of help and support. **Call 0300 123 3393** (Mon – Fri, 9am-5pm)

SANEline - A national out-of-hours mental health helpline, SANEline offers specialist emotional support, guidance, and information to anyone affected by mental illness. **Call 0300 304 7000** (daily from 4pm to 10pm)

Harmless - The centre of excellence for self-harm and suicide prevention for adults and children.

[NHS Talking Therapies](#)

[IAPT](#)

[Samaritans](#)

[Mind](#)

[SANEline](#)

[Harmless](#)



ADHD/ASD specific resources

There are many organisations and resources available to provide information and support regarding ADHD and ASD.

If you are struggling with overwhelming feelings, emotional regulation, extreme mood changes and/or self-destructive behaviours, you will benefit from learning self-help skills. Especially if these get in the way of work, relationships or living a fulfilling life.

Get Self Help - This website provides CBT self help and therapy resources

[Get Self Help](#)

ADHD organisations:

[AADDUK.org](#)

[ADD.org](#)

[ADDISS.co.uk](#)

[ADHD Foundation](#)

ASD organisations:

[National Autistic Society](#)

[Thinking Autism](#)

[Tony Attwood](#)

Abuse and/or neglect

Everyone has the right to live in safety, free from abuse and neglect. Abuse and neglect can occur anywhere: in your own home, or a public place, and in many forms.

[NHS](#)

NAPAC - Supporting Recovery from Childhood Abuse. If you are an adult survivor of any form of child abuse, NAPAC are here for you. They can provide you with support and signposting on your road to recovery.

[NAPAC](#)

NSPCC - Supporting children through abuse. If you are an adult concerned about a child, you can reach support by calling: **0808 800 5000**

[NSPCC](#)

Childline - Children and young people can call Childline directly on: **0800 1111**

[Childline](#)

Alcohol and Drug use support

If you, or someone you know, is struggling with alcohol and drug use, there are support groups able to help you with recovery.

Alcoholics Anonymous (AA) – Provides help and support for anyone with alcohol problems. You can call the helpline on: **0800 9177 650**, or contact their email helpline.

[Alcoholics Anonymous](#)

[AA email helpline](#)



FRANK – Frank provides confidential advice and information about drugs, their effects, and the law. **Call 0300 123 6600**

[Talk to Frank](#)

We are with you - Many people find the thought of attending an in-person service overwhelming. This online webchat service means you can speak to someone about drugs, alcohol or your mental health. Online chat service (Monday - Friday: 9am - 9pm, Saturday - Sunday: 10am - 4pm)

[We are with you](#)

Bereavement

The National Bereavement Advice Service – This service aims to provide practical support and advice following the death of a loved one. From the initial moments after a death, through the necessary legal and financial processes and onto the grieving journey, they are here to help. **Call 0300 131 2353**

[National Bereavement](#)

Winston's Wish - A charity that helps children, teenagers, and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief.

[Winston's Wish](#)

Charities and local services

You can access a database providing information about services both locally and nationally for individual conditions and your support needs.

[Hub of Hope](#)

Citizens Advice - A charity that provides online and local advice on various issues, such as benefits, debt, housing and more. You can call the national Adviceline for support on: **0800 144 8848** (England)

[Citizens Advice](#)

Coping strategies

Positive coping mechanisms are healthy ways of dealing with stress, emotions, and challenges. Examples of positive coping mechanisms include: Establishing and maintaining boundaries; practicing relaxation strategies such as deep breathing, meditation, and mindfulness; getting regular physical activity; making to-do lists and setting goals; eating a healthy, balanced diet; focusing on your sleep; avoiding known stressors; and completing activities you find enjoyable.

[Positive Psychology](#)

[Verywell Mind](#)



Criminal justice support

Services exist to ensure that people involved in the criminal justice system get the care and support they want and need at the right time.

[Together-uk.org](https://together-uk.org)

Domestic violence

Everyone has the right to live in safety. If you are experiencing domestic violence, you can contact any of the below groups for support. The staff will offer confidential, non-judgemental information and support.

Women - Call The Freephone National Domestic Abuse Helpline, run by Refuge, on 0808 2000 247 for free at any time, day, or night.

[Domestic Abuse Helpline](#)

Men - Call Men's Advice Line on **0808 8010 327** (Monday to Friday 10am to 8pm) or visit the webchat at Men's Advice Line (Wednesday 10am to 11.30am and 2.30pm to 4pm), or call ManKind on **0182 3334 244** (Monday to Friday, 10am to 4pm)

[Men's Advice Line](#)

Employment support

Job centre plus support - You can find your local office

[Job Centre Support](#)

Access to work - Access to Work allows people to get support in work if they have a disability or health condition, which includes ADHD and ASD. This service can offer support based on your needs, which could include adaptations and ADHD coaching.

[Access to Work](#)

Homelessness/ accommodation difficulties

Shelter - If you are homeless, have nowhere to stay tonight, are worried about losing your home in the next two months, are at risk of harm or abuse, please contact Shelter's emergency helpline on: **0808 800 4444** (Monday to Friday, 8am - 6pm | Closed bank holidays)

[Shelter](#)



Family support

Family hubs offer support to children, young people, and their families. They provide a single place to go for support and information from a variety of services. Family hubs make it easier for you to get the support you need. Find your local service.

[Family Hubs](#)

Relationship counselling

Relate - Relate offers counselling services for every type of relationship nationwide, including advice on marriage, LGBT issues, divorce, and parenting.

[Relate](#)

Social services in the UK

To reach Social Work England, you can email them. You can also call Social Work England on: **0808 196 2274**, (9am to 5pm Monday, Wednesday, Thursday, and Friday and 10am to 5pm (BST) Tuesday - excluding bank holidays).

[Email Social Work UK](#)

It is also possible to request further help yourself by calling your local social services and requesting referrals through other professionals who are working with your family or children, including schools, GPs, health visitors, and more.

[Find local council](#)