

Loneliness – United Kingdom -  
Organisations providing  
Mental Health Support  
for Young People and  
Young Adults



Erasmus+



# Organisations providing Mental Health Support for Young People and Young Adults

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During the development of our Mental Health module we were asked our professional and learner participants to provide information about organisations that could assist young people and young adults and how you could contact those organisations to get quick support and access to assistance for those young people living with Loneliness as well as other mental health conditions.

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This PowerPoint Presentation (Annex) is now offered with our main Mental Health Module during delivery

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The following are organisations which can provide guidance, support and assistance in Mental Health Support for young People

# Anxiety UK

[03444 775 774](tel:03444775774) (helpline)

[07537 416 905](tel:07537416905) (text)

[anxietyuk.org.uk](https://anxietyuk.org.uk)

Advice and support for people including youth living with anxiety.

# Samaritans

This service is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

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

**116 123** (free to call from within the UK and Ireland), 24 hours a day

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

# Beat

[0808 801 0711](tel:08088010711) (youthline)

[0808 801 0811](tel:08088010811) (studentline)

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

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.



# Campaign Against Living Miserably (CALM)

[0800 58 58 58](tel:0800585858)

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

Provides a range of listening services, information and support for anyone including youth who need to talk, including a web chat option.

# Centrepont

[0808 800 0661](tel:08088000661)

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

Provides advice, housing and support for young people aged 16–25 who are homeless or at risk of homelessness in England. One of England's best known youth services.

# Mind

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Mind is a national charity which offers advice, support and information to people experiencing a mental health difficulty including their family and friends.

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Mind has a [network of local associations in England and Wales](#) to which people can turn for help and assistance.

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

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InfoLine: 0300 123 3393 to call, or text 86463

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Email [info@mind.org.uk](mailto:info@mind.org.uk)



# Childline

[0800 1111](tel:08001111)

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

Comprehensive support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors. A well established and respected charity.

# Hub of Hope

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

This is a non profit, voluntary national database of mental health charities and organisations from across Britain who offer mental health advice and support.

# Rethink Mental Illness

Rethink Mental Illness (formerly the National Schizophrenia Fellowship) is a charity that works to help everyone affected by severe mental illness including young people, such as schizophrenia and bipolar disorder, recover a better quality of life. It provides effective services and support and campaigns for change through greater awareness and understanding.

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

**National Advice Service: 0300 5000 927**

Email [advice@rethink.org](mailto:advice@rethink.org)

# Me and My Mind

[meandmymind.nhs.uk](https://meandmymind.nhs.uk)

Advice and support for young people struggling with unusual experiences, such as hearing voices.

**NHS Go**

[National Health Service \(England\)](#)

[nhs.go.uk](https://nhs.uk/nhs-go)

NHS app with confidential health advice and support for 16–25 year olds living within England.

# PAPYRUS UK

PAPYRUS is a national charity dedicated to the prevention of suicide by young people. They support young people under 35 who are experiencing thoughts of suicide, as well as people concerned about someone else.

Their HopelineUK service is open 9am - midnight every day of the year

[www.papyrus-uk.org](http://www.papyrus-uk.org) **Helpline: 0800 068 4141**

Text: 07860039967    Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

# OCD Youth

[ocdyouth.org](https://ocdyouth.org)

Youth Support for young people with obsessive-compulsive disorder (OCD).

A charitable organisation focussing specifically on OCD in relation to young people

**YoungMinds**

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

**Parents helpline: 0808 802 5544** (Mon-Fri from 9.30am to 4pm, excluding bank holidays)

Young Minds Crisis Messenger: text YM to 85258 (available 24/7)



## On My Mind

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A charitable organisation focussed on working with young people living with mental health conditions

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[annafreud.org/on-my-mind](https://annafreud.org/on-my-mind)

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Information for young people to make informed choices about their mental health and wellbeing.

# Sane

SANE services offer non profit, free practical help, emotional support and specialist information to individuals affected by mental health problems, their family, friends and carers.

Support Forum: [www.sane.org.uk](http://www.sane.org.uk)

Call **07984 967 708** and leave a message, giving your first name and a contact number, and someone will call you back as soon as possible

**Textcare:** [http://www.sane.org.uk/what\\_we\\_do/support/textcare/](http://www.sane.org.uk/what_we_do/support/textcare/)

# Safeline

[0808 800 5007](tel:08088005007) (Young people's helpline)

[0808 800 5005](tel:08088005005) (National Male Survivor helpline)

[safeline.org.uk](https://safeline.org.uk)

A charitable organisation offering helplines for adults and young people who have experienced sexual abuse and rape. Offers face-to-face services in Coventry and Warwickshire and another helpline specifically for male survivors.

# The Mix

[0808 808 4994](tel:08088084994)

[85258](tel:85258) (crisis messenger service, text THEMIX)

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

A charitable free support and advice service for under 25s, including a helpline, crisis messenger service and webchat.

# Victim Support

[0808 168 9111](tel:08081689111)

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

A national charity covering the whole of the United Kingdom, provides emotional and practical support for people affected by crime and traumatic events. This organisation also works with Police Forces and Police and Crime Commissioner Offices to assist victims in their respective areas.

# Youth Access

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

A charitable organisation offering advice and counselling network for young people, they also provide young people with details of free local services and how to access them.

# Young Stonewall

Young Stonewall is a charitable organisation specifically working with young Lesbian, Gay, Bisexual and Trans people. Services are free.

[0800 050 2020](tel:08000502020)

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

Information and support for all young lesbian, gay, bi and trans people including mental health support.

# Kooth

[kooth.com](https://www.kooth.com)

Counsellors are available until 10pm every day.

Free, safe and anonymous online counselling for young people.

You will need to check if the service is offered locally in your area of England.