

NATIONAL MENTAL HEALTH RESOURCES



SAMARITANS

Samaritans

Email: jo@samaritans.org
24 hours per day tel: 116 123

[Samaritans](#)

MIND infoline

email: info@mind.org.uk
Tel: 0300 123 3393 from 9am to
6pm, Monday to Friday

[Mind](#)



MIND Legal Lines

Tel: 0300 466 6463 from 9am to 6pm, Monday to
Friday. Legal information and general advice on
mental health related law.

[Mind help lines.](#)



Saneline

Tel: 0845 767 8000 from 6pm to 11pm

[Sane](#)

SANE

Rethink mental illness advice line

email: info@rethink.org

Tel: 0300 5000 927 from 10am to 2pm Monday to Friday

[Rethink](#)



Rethink
Mental
Illness.



ChildLine

0800 1111



UK's free helpline for children
and young people. Providing
confidential counselling service
for any child with a problem.
You can [chat online](#) or call the
free helpline, tel: 0800 1111.

PAPYRUS Confidential support and advice to
people under the age of 35 experiencing thoughts
of suicide, or for anyone worried about a young
person.

email pat@papyrus-uk.org or call Hopeline UK
on tel: 0800 068 41 41 or text: 07860 039967.



PAPYRUS
PREVENTION OF YOUNG SUICIDE



kooth

[Kooth](#) provides free, safe and anonymous mental
health and emotional well-being online support for
young people aged 11 to 25.

[Qwell](#) offers free online counselling and emotional
wellbeing support for parents and carers of young
people.



Young Minds

Young Minds offers information, advice and support for young people affected by
mental health. If you are a young person looking for help and support and need
urgent help you can text YM to 85258 for free 24 hours per day, 7 days per week
support.

If you are a parent worried about your child you can talk to an expert at the free
parents helpline, tel: 0808 802 5544 or use the **Young Minds contact form**.



Joined Up Care
Derbyshire

YOUNGMINDS
fighting for young people's mental health