

2wish - Helpful Signposts



Further / Regional Support

Hub of Hope

<https://hubofhope.co.uk/>

Suicide Prevention

Samaritans

Phone: 116 123

Email: jo@samaritans.org

24 hours, 7 days a week

Stay Alive App

<https://styalive.prevent-suicide.org.uk/>

Kooth App (for CYP)

<https://www.kooth.com/>

SHOUT

Text SHOUT to 85258

24 hours, 7 days a week

Mind Infoline

Phone: 0300 123 3393

Monday to Friday, 9am-6pm

CALM

Phone: 0800 585 858

LiveChat: [CALM helpline](#) | [Suicide prevention helpline](#) | [CALM](#)

WhatsApp: [WhatsApp](#) | [CALM](#)

5pm-Midnight, 7 days a week

Childline

Phone: 0800 1111

Online Chat: [1-2-1 counsellor chat](#) | [Childline](#)

SANEline

Phone: 0300 304 7000 (4pm-10pm)

WebChat Services: [SANEchat - for young people - SANE](#)

(WebChat for 13-17 year olds, Tuesday to Thursday afternoons)

National Suicide Prevention Helpline

Phone: 0800 587 0800 | 0800 689 0880

6pm - Midnight

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Mental Health

Mind Infoline

Phone: 0300 123 3393

Monday to Friday, 9am-6pm

Rethink

Advice line: 0808 801 0525

Monday to Friday, 9:30am-4pm

CALM

Phone: 0800 585 858

LiveChat: [CALM helpline](#) | [Suicide prevention helpline](#) | [CALM](#)

WhatsApp: [WhatsApp](#) | [CALM](#)

5pm-Midnight, 7 days a week

SANEline

Phone: 0300 304 7000 (4pm-10pm)

WebChat Services: [SANEchat - for young people](#) - SANE

(WebChat for 13-17 year olds, Tuesday and Thursday afternoons)

Silverline (Aged 55+)

Phone: 0800 4 70 80 90

24 hours, 7 days a week

Anxiety

Anxiety UK

Phone: 03444 775 774

24 hours, 7 days a week

No Panic

Phone: 0844 967 4848

10am-10pm, 7 days a week

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Child and Adolescent

Young Minds (for parents)

Phone: 0808 802 5544

Monday - Friday, 9:30am-4pm

Childline

Phone: 0800 1111

24hours, 7 days a week

NSPCC

Phone: 0808 800 5000

Monday - Friday, 10am-4pm

SHOUT

Text SHOUT to 85258

24 hours, 7 days a week

Bereavement

Child Bereavement UK

Phone: 0800 02 888 40

Survivors of Bereavement by Suicide

Phone: 0300 111 5065

Cruse Bereavement Support

Phone: 0808 808 1677

Monday, Wednesday - Friday: 9:30am-5pm,

Tuesday: 1-8pm

Sands (Baby Loss)

Phone: 0808 164 3332

Monday - Friday: 10am-3pm

Tuesday - Thursday additional hours: 6pm-9pm

Kooth App (for CYP)

<https://www.kooth.com/>

The Mix (Information for 12-25 year olds)

<https://www.themix.org.uk/>

Tellmi (under 18)

Digital Mental Health Support

<https://www.tellmi.help/>

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Self Harm

SIFT

Phone: 0808 800 8088

Text: 07537 432 444

Phone - Mondays, Tuesdays and Thursdays: 6pm-9pm

Text - Monday-Friday: 6pm-9pm

LGBTQ+

LGBT Foundation

Phone: 0345 3 30 30 30

Weekdays: 9am-9pm | Weekends: 10am-5:30pm

Switchboard

Phone: 0800 0119100

Everyday, 10am-10pm

Galop

Phone: 0800 999 5428

WebChat: <https://www.galop.org.uk/helpline>

Phone - Mon & Tues: 9:15am-8pm; Wed-Fri: 9:15am-4:30pm

WebChat: Wed & Thurs: 9:15am-4:30pm

Gendered Intelligence

Phone: 0800 640 8046

WhatsApp: 07592 650 496

Mon & Thurs: 12-5pm

Tues: 3-7pm

Wed: 10am-3pm

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Domestic Abuse & Violence

National Domestic Abuse Helpline (for women)

Phone: 0808 2000 247

24 hours, 7 days a week

Respect Men's Advice Line

Phone: 0808 801 0327

Monday-Friday, 10am-5pm

ManKind Initiative

Phone: 0808 800 1170 | 01823 334 244

Monday-Friday, 10am-4pm

Victim Support

Phone: 08 08 16 89 111

Live Chat: <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat/>

24 hours, 7 days a week

Rape & Sexual Assault

Rape Crisis England & Wales (16+)

Phone: 0808 500 2222

Online Chat: <https://247sexualabusesupport.org.uk/>

24 hours, 7 days a week

The Survivors Trust

Phone: 0808 801 0818

Opening Hours: <https://thesurvivorstrust.org/our-helpline/>

The Bridge

Phone: 0117 342 6999

24 hours, 7 days a week

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Addiction

Addiction Helper (drug, alcohol & behaviours)

Phone: 0203 835 5959

Live Chat: <https://www.addictionhelper.com/>

GamCare (gambling)

Phone: 0808 8020 133

Live Chat/WhatsApp: www.gamcare.org.uk/get-support/talk-to-us-now/

24 hours, 7 days a week

Drinkline

Phone: 0300 123 1110

Weekdays: 9am-8pm | Weekends: 11am-4pm

Alcoholics Anonymous

Phone: 0800 917 7650

Change Grow Live (alcohol & drugs)

WebChat and Information: <https://www.changegrowlive.org/webchat>

FRANK (drugs)

Phone: 0300 123 6600

Text: 82111

LiveChat: <https://www.talktofrank.com/contact-frank>

Other useful links: www.mind.org.uk

Homelessness

Shelter

Phone: 0808 800 4444

Monday-Friday, 8am-5pm