

Addiction

Addaction

Phone: 020 7251 5860
Email: info@addaction.org.uk
Website: www.addaction.org.uk

Addaction supports adults, children, young adult and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

Armed Forces

ABF The Soldiers' Charity

Phone: 0207 901 8900
Email: supportercare@soldierscharity.org
Website: www.soldierscharity.org

ABF The Soldiers' Charity is the national charity of the British Army, providing support for every soldier or veteran and their families for life.

The Royal British Legion

Phone: 0808 802 8080
Email: info@britishlegion.org.uk
Website: www.britishlegion.org.uk

The Royal British Legion helps members of the Royal Navy, British Army, Royal Air Force, veterans and their families. They also campaign to improve their lives, organise the Poppy Appeal and remember the fallen.

Blesma

Phone: 020 8590 1124
Website: www.blesma.org

Blesma, The Limbless Veterans Charity, is an armed forces non profit charity supporting limbless veterans in the UK for the duration of their lives.

PTSD Resolution

Phone: 0300 302 0551
Email: coord@ptsdresolution.org
Website: www.ptsdresolution.org

PTSD Resolution helps veterans, TA and reservists who are struggling to reintegrate into a normal work and family life because of military trauma suffered during service in the Armed Forces. They coordinate a network of 200 accredited therapists with a focus in military PTSD.

Bereavement

Bereavement Advice Centre

Phone: 0800 634 9494
Website: www.bereavementadvice.org

The Bereavement Advice Centre supports and advises people after a death in England and Wales. Their website and helpline provides help with the wide range of practical issues that need to be managed after a bereavement as well as signposting to other support.

Cruse Bereavement Care

Phone: 0808 808 1677
Email: helpline@cruse.org.uk
Website: www.cruse.org.uk

Cruse Bereavement Care offer support, advice and information to children, young people and adults when someone dies. They run a helpline as well as bereavement counselling as well as facilitated self-help groups across the country.

Bipolar disorder

Bipolar UK

Phone: 0333 323 3880

Email: info@bipolaruk.org
Website: www.bipolaruk.org

Bipolar UK is the national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers. They provide information through their website and via phone and also run national self-help support groups, online support and employment support.

Family, parenting and relationships

Family Action

Phone: 020 7254 6251
Email: info@family-action.org.uk
Website: www.family-action.org.uk

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England. They aim to strengthen families and communities by building skills and resilience. Their support services include a focus on parental mental health issues, including issues such as perinatal depression.

Relate

Phone: 0300 100 1234
Website: www.relate.org.uk

Relate is a national charity offering a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationship issues.

Mental Health (General)

Mind

Phone: 0300 123 3393
Email: info@mind.org.uk

Website: www.mind.org.uk

Mind provide a wide range of services relating to mental health, including information, support as well as research and campaigning work. The national Mind organisation also acts as an umbrella organisation, which provide different services across the county, e.g. therapy services, self-help groups and alternative therapies.

Rethink Mental Illness

Phone: 0121 522 7007
Email: info@rethink.org
Website: www.rethink.org

Rethink Mental Illness provide a range of support, advice and information services relating to mental illness, as well as conducting national campaigns and research. Rethink runs over 200 mental health services and 150 support groups across England, including therapy services, peer support groups and many more.

Refugees

Refugee Council

Phone: 020 7346 6700
Website: www.refugeecouncil.org.uk

Refugee Council is the UK's largest organization working with refugees and asylum seekers. It includes the provision of specialist therapeutic services targeted to the needs of these populations.

Psychosis

Hearing Voices Network

Phone: 0114 271 8210
Email: nhvn@hotmail.co.uk

Website: www.hearing-voices.org

The Hearing Voices Network is committed to helping people who hear voices, see visions and experience tactical sensations and those that support them. They run a range of self-help groups and deliver training for professionals and the general public.

Suicide prevention

CALM (Campaign Against Living Miserably)

Phone: 0800 58 58 58

Email: info@thecalmzone.net

Website: www.thecalmzone.net

The Campaign Against Living Miserably is a charity which exists to prevent male suicide in the UK. They run a dedicated support line and online webchat for men who are experiencing emotional distress or who are in crisis. It also seeks to challenge a culture that prevents men from seeking help when they need it.

Grassroots

Email: office@prevent-suicide.org.uk

Website: www.prevent-suicide.org.uk

Grassroots is a small charity focused on suicide prevention through training, consultancy and project work, including the #StayAlive app for those at risk of suicide or worried about someone else.