



# **PASTORAL CARE DIRECTORY**

# HELPLINES

## SUICIDE

- **Samaritans** (Phone: 116 123; Email: [jo@samaritans.org](mailto:jo@samaritans.org))
- **MIND** (Phone: 0300 123 3393 weekdays 9-6; Text: 86463; Email: [info@mind.org.uk](mailto:info@mind.org.uk))
- **YoungMinds** (Text: 85258; Parents Helpline 0808 802 5544 weekdays 9:30-4)
- **CALM** (Campaign Against Living Miserably – preventing male suicide; Phone: 0800 585858 every day 5pm-midnight)
- **Shout** (Free, confidential, 24/7 text messaging service: 85258)

## DEPRESSION/ANXIETY

- **Anxiety UK** (Phone: 03444 775 774 weekdays 9:30-5:30; Text: 07537 416905; Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk))
- **No Panic** (Phone: 0300 7729844 every day 10-10; Email: [sarah@nopanic.org.uk](mailto:sarah@nopanic.org.uk))
- **SANEline** (Answerphone: 07984 967708; Email: [support@sane.org.uk](mailto:support@sane.org.uk))

## DOMESTIC ABUSE/TRAFFICKING/SEXUAL HARM

- **National Domestic Abuse Helpline** (Phone: 0808 2000 247; <https://www.nationaldahelpline.org.uk/>)
- **Lifecentre** (Phone: 0808 802 0808; Text: 07717 989022)
- **Men's Advice Line** (supporting male victims of domestic abuse; Phone: 0808 8010327; Email: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk))
- **National Male Survivor Helpline** (Phone: 0808 800 5005; Text: 07860 065187)
- **One in Four** (Supporting people who have experienced child sexual abuse and trauma; Phone: 0800 170 0314)
- **Mosac** (support for non-abusing parents and carers of children who have been sexually abused; Phone: 0800 980 1958)

# MENTAL HEALTH

## NHS

- If you feel your life is in danger, or you feel unsafe, please immediately go to **A&E** or call **999**. If it isn't an emergency, please call **111** or your **GP**.

## CRISIS SERVICES

- **Samaritans** on 116 123 (*24hr service to talk to someone*)
- **MIND** on 0300 123 3393 (*Mon-Fri 9am-6pm, providing information to enable people to make informed decisions on specific mental health problems. Can help point people to places to get further help*)
- **CALM** on 0800 585858 (*every day 5pm-midnight, webchat available at <https://www.thecalmzone.net/help/webchat>, Campaign Against Living Miserably helpline specifically for men experiencing suicidal thoughts*)
- **Shout** on 85258 (*24/7 text messaging service providing support in any crisis*)
- **Anxiety UK** on 03444 775 774 (*Mon-Fri 9:30-5:30, advice and support for those experiencing anxiety or anxiety-based depression. Aims to get people professional help as well as information*)
- **No Panic** on 0300 7729844 (*every day 10-10; Email: [sarah@nopanic.org.uk](mailto:sarah@nopanic.org.uk)*)
- **SANEline** (Answerphone: 07984 967708; Email: [support@sane.org.uk](mailto:support@sane.org.uk))