



### Useful contacts

Open Minds Calderdale- <http://www.openmindscalderdale.org.uk/>Anxiety UK: Charity providing support if you've been diagnosed with an anxiety condition. Phone: 03444 775 774 (Mon-Fri, 9.30am-5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Bipolar UK: A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

CALM: CALM is the Campaign Against Living Miserably, for men aged 15-35.

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

Mental Health Foundation: Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Mind: Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

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

No Panic: Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 967 4848 (daily, 10am-10pm)

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

PAPYRUS: Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm. Weekends 2-5pm)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

Rethink Mental Illness: Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

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

Samaritans: Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

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

SANE: Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30-10.30pm)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

YoungMinds: Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)

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

NSPCC: Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Beat: for support with eating disorders

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

Mencap: Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Mon-Fri, 9am-5pm)

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

Relate: The UK's largest provider of relationship support. Website: [www.relate.org.uk](http://www.relate.org.uk)