



Mental Health & Wellbeing Support Services in the UK

Everyone deserves support, and it's okay if finding the right help feels challenging at times. It's important to know that while there are many services available, access can sometimes be difficult or delayed due to long waiting times. However, there are more options out there than you might think, and this list of UK services can be a helpful starting point for you, your colleagues, and your family.

One of the best first steps is always to talk to your GP, who can guide you toward the most appropriate support.

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If you can't find what you're looking for, please get in touch with cathy@maestrowellbeing.com and we'll do our best to help you.

Area of Concern	Target Audience & Age	Services & Support offered	Contact Details
Abuse	All ages, women & children	Refuge – Online Resource, Support & Freephone Helpline. Offering a range of services that give women and children access to professional support whatever their situation and to escape domestic abuse and violence.	https://www.refuge.org.uk Tel: 0808 2000 247

ADHD	All ages	Mind – website, Support & Help. Provides useful information to understand ADHD and options for support and treatment.	https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/
Anxiety	All ages	Anxiety UK – Website, Information, Therapy & Self-care tools. Provides information about different types of anxiety, confidential chat line, specialist help and practical self-help tools.	https://www.anxietyuk.org.uk/
Autism	All ages	The National Autistic Society - Website, Support & Resources. Online resources and information to support people with autism and their families.	https://www.autism.org.uk/
Bipolar	All ages	Bipolar UK – Website, Information & Support. Provides peer support, education, and resources to improve the lives of people with bipolar disorder as well as support and resources for family, friends, and professionals.	https://www.bipolaruk.org/
Children	Up to age 19	Childline – Website, Resources & Phone Line. Childline is a private and confidential service offering support for children and young people including counselling and emergency support.	https://www.childline.org.uk/ Call 0800 1111

Crisis Services/ Suicide	Men - 18+	James' Place - Crisis Counselling in Liverpool, Newcastle & London. Provides suicide crisis support for men via a safe and effective intervention that helps you understand how you got there, what fuels the crisis, and new ways to cope.	https://www.jamesplace.org.uk/
Crisis Services/ Suicide	All ages	Samaritans – Free Service, available 24/7. Provides emotional support for anyone who's struggling to cope, feeling suicidal and who needs someone to listen without judgment or pressure.	https://www.samaritans.org/ Email: jo@samaritans.org Call free 116 123
Crisis Services/ Suicide	All ages	SHOUT – Free Online Mental Health Text Support. Available 24/7 for anyone struggling to cope and in need of mental health support.	https://giveusashout.org Text 85258
Depression	All ages	NHS Inform Scotland – Free information service and self-help guide. Providing knowledge and information about depression and a service directory for Scotland.	https://www.nhsinform.scot/depression
Depression	Adults	NHS England – Free information service. Outlining information to understand depression and the talking therapies available.	https://www.nhs.uk/mental-health/conditions/depression-in-adults/
Domestic Abuse	All ages	Bright Sky. Provides information and support and directory of services to find local support.	https://uk.bright-sky.org/en/home

Domestic Violence	All ages	<p>Bright Sky - Domestic Violence App. This app is disguised as a weather app and is a safe signpost option for those who are worried about signposts being found on their phone.</p> <p>Provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.</p>	<p>https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/bright-sky/</p> <p>Free app available: Android & iOS</p>
Eating Disorders	All ages	<p>B-EAT – Eating Disorders - Website & Information. Provides free national helplines, support and online resources for anyone with an eating disorder, including support for their families.</p>	<p>https://www.beateatingdisorders.org.uk/</p>
Gender diversity	Children & Youth	<p>Mermaids – Website & Information. Supporting trans, non-binary and gender-diverse children, young people and their families</p>	<p>https://mermaidsuk.org.uk/</p>
General Support	Adults	<p>Action for Happiness - Website & Happiness App. Offers positive coping tips, a monthly ‘happiness’ calendar and encouragement to reach out to others and join the ‘happiness’ pledge.</p>	<p>https://actionforhappiness.org/ Free app available: Android & iOS</p>
General Support	Adults	<p>Campaign Against Living Miserably - Website, Webchat & Phone. Offers freephone advice line and other support services for adults who feel low and need to talk.</p>	<p>https://www.thecalmzone.net/</p>

General Support	Over 18s	Clic – Free Online Community, available 24/7. Clic is a free safe online community to support adults with their mental health. It provides a platform for mutual support so that everyone can chat and connect peer-to-peer online.	https://clic-uk.org/
General Support	Ages 12 to 25	Ditch the Label – Online Resource. Global youth charity set up to support youngsters with common issues such as mental health, identity, relationships & bullying.	https://www.ditchthelabel.org/
General Support	All ages	Doc Ready – Website. Helps people prepare to discuss their mental health with a GP.	https://www.docready.org/#/home
General Support	All ages	Find the Words – Website & Information Guide. A handy guide created by MIND to help with talking to a GP about mental health when the words are hard to find.	https://www.mind.org.uk/news-campaigns/news/mind-can-help-you-find-the-words-to-speak-to-your-gp-about-mental-health/
General Support	All ages	Hub of Hope - Online Resource. A nationwide mental health database that uses location to allow anyone, anywhere to find the nearest source of support for any mental health issue, from depression and anxiety to PTSD and suicidal thoughts, as well as providing a ‘talk now’ button connecting users directly to the Samaritans.	https://hubofhope.co.uk/ Free app available: Android & iOS

General Support	All ages	Mind - Side By Side. A safe place for anyone to talk anonymously about how they're feeling and connect with others. The community has been designed to exist alongside your current methods of managing your mental health.	https://www.mind.org.uk/information-support/side-by-side-our-online-community/
General Support	All ages	Talk Life - Global Peer Support App. Talk Life offers a safe and engaging place for people to give and get support and talk about the ups and downs of life including depression, anxiety, self-harm, relationship problems, bullying and stress.	https://www.talklife.com/ Free app available: Android & iOS
General Support	All ages-	Tellmi – App. Safe, anonymous app that allows anyone to connect with others and talk about anything from anxiety, autism, bullying to relationship issues and anything in between. Moderated for safety and in-house counsellors available for extra support. Endorsed by the NHS and CAMHS clinicians.	https://www.tellmi.help/
General Support	Youngsters and parents	Young Minds – Website, Resources & Support. UK charity fighting for children and young people's mental health. Mental health support for youngsters, parents and anyone who works with young people with specific information about racism and mental health.	https://www.youngminds.org.uk/

Inequality	Over 18	Black Minds Matter. A UK charity set up to connect Black individuals and families with free mental health services relevant to Black communities, delivered by professional Black therapists, to support their mental health.	https://www.blackmindsmatteruk.com/
Inequality	All ages	The Black, African and Asian Therapy Network. Providing psychological services, informed by an understanding of intersectionality, with people who identify as Black, African, South Asian and Caribbean, and also, for any People of Colour who are affected by oppression due to the colour of their skin and global white power.	https://www.baatn.org.uk/
LGBTQ+	All ages	Stonewall – Website & Information. Offers support, information, and guidance for lesbian, gay, bisexual, transgender, queer and questioning people everywhere including legal and emotional support and resources for the workplace.	https://www.stonewall.org.uk/
Mental Wellbeing Support	Adults	Qwell – Free digital mental wellbeing support for adults. Confidential chat line, self-guided resources and community support.	https://www.qwell.io
Men’s Mental Health	Men over 18	Andy’s Man Club - A men’s suicide prevention charity, offering free to attend, peer to peer support groups across the UK and online.	https://andysmanclub.co.uk/

Personality Disorder	All ages	Out of the Fog – Personality Disorder Support - Online Resource, Toolbox & Forum. Offers a supportive, close-knit community, encouraging one another through the many challenges that come with having a family member or significant other who has a personality disorder.	https://outofthefog.website/
Rape and Sexual Abuse	All ages	Rape and Sexual Abuse Self-Help Guide. For survivors of sexual abuse and rape, where and how to get help.	https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/
Relationships	All ages	Relate – Website with Information & Counselling Services provided in Local Relate Centres. For marriage guidance and relationship support from trained counsellors for people of all ages, backgrounds and sexual orientations, including support for family life, parenting, parenting teenagers and training for the workplace.	https://www.relate.org.uk/
Self-harm/Suicide Prevention	All ages	Harmless – Website, support, information, training and consultancy. Provide education about self-harm & and suicide and support for friends, families, and professionals with a view to promoting health and recovery, reducing isolation and distress, and increasing awareness and skill in intervention.	https://harmless.org.uk/

<p>Suicide Prevention</p>	<p>All ages</p>	<p>Better Stop Suicide App – Free App. Uses world-leading psychological techniques and technology to help ease suicidal ideation.</p> <p>App includes: Calming audio files, Key phone contacts, Gratitude checklist, Built-in alarm clock, Better sleep audio file, Emotional needs ‘quick’ check, Helpful tasks to feel better, and Records life-saving message.</p>	<p>https://www.thebetterappcompany.com/better_stop_suicide</p> <p>Free app available: Android & iOS</p>
<p>Young People support</p>	<p>Youth & Parents</p>	<p>Young Minds – Website, Information & Support. Offering education and support for young people, parents and professionals working with young people.</p>	<p>https://www.youngminds.org.uk</p>