

# National Support

We are aware that everyone has changes in their lives that affects their emotional health and can make them vulnerable. Sometimes we all need some extra help and support to get us back on track. You need may require more specialist help. We have devised the following pages to help you find the support you need.

**To access the website click on either the logo or the heading.**



[Anxiety UK](#)

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)



[CALM](#)

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat. Phone: 0800 58 58 58 (daily, 5pm to midnight)



[Men's Health Forum](#)

24/7 stress support for men by text, chat and email.



[Papyrus](#)

Young suicide prevention society. Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)



[FRANK](#)

Free, confidential information and advice about drugs, their effects and the law. FRANK's live chat service runs daily from 2pm to 6pm. Phone: 0300 1236600 (24-hour helpline) or Text a question to: 82111.



[Bereavement Care](#)

Support after the death of someone close



[Gamblers Anonymous](#)

A free self-help group. Its "12 step" programme involves stopping gambling with the help of regular face-to-face and online support groups.



[Relationship Support](#)

The UK's largest provider of relationship support.