

Mental Health resources: Helplines

If you think that someone is in urgent danger, call 999

These free helplines are there to help when you're feeling down or desperate.

Unless it says otherwise, they're open 24 hours a day, every day.

Samaritans – for everyone
Call 116 123
Email jo@samaritans.org

Campaign Against Living Miserably (CALM) – for men
Call 0800 58 58 58 – 5pm to midnight every day. Visit the [webchat page](https://www.thecalmzone.net/help/webchat/)
<https://www.thecalmzone.net/help/webchat/>

Rethink Mental Health's Advice and Information Service: 0300 5000927

Papyrus – for people under 35
Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
Text 07786 209697
Email pat@papyrus-uk.org

Childline – for children and young people under 19

Call 0800 1111 – the number won't show up on your phone bill

The Silver Line – for older people
Call 0800 4 70 80 90

Age UK – for older people
Call 0800 055 6112

Mind UK – for everyone

Call 0300 123 3393 (Infoline)
Visit [Mind.org.uk](https://www.mind.org.uk) for urgent help