

## Mental Health

Mental health is something that can affect anyone, for any reason, it is said that 1 in 4 people in the UK will suffer with a mental health condition each year. The overall number of people with mental health problems has not changed significantly in recent years, but worrying about things like money, jobs and benefits can make it harder for people to cope.

Mental Health problems can present themselves in many different forms from, depression, anxiety, stress, panic attacks, angry outbursts, feeling down and self-harm or suicidal thoughts.

Many mental health problems can be managed with self-help tips, alternate therapies and medication, it is important to always address mental health issues and deal with them rather than ignore them. Whatever you need to know about coping with [stress](#), [anxiety](#) or [depression](#), or just the normal emotional ups and downs of life, the NHS website have a 'Moodzone' tool which offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

### Support Available

Whether you're concerned about yourself or a loved one, these helplines can offer expert advice, it is always best to consult your GP in the first instance.

Anxiety UK – [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Charity providing support if you've been diagnosed with an anxiety condition  
03444 775 774 - Mon-Fri, 9.30am-5.30pm

Bipolar UK – [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

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

CALM – [www.thecalmzone.net](http://www.thecalmzone.net)

The Campaign Against Living Miserably, for men aged 15-35.

Depression Alliance – [www.depressionalliance.org](http://www.depressionalliance.org)

Charity for sufferers of depression. Has a network of self-help groups.

Men's Health Forum – [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

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

Mind – [www.mind.org.uk](http://www.mind.org.uk) Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

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

Mental Health Foundation – [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

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Provides information and support for anyone with mental health problems or learning disabilities.

No Panic – [www.nopanic.org.uk](http://www.nopanic.org.uk) 0844 967 4848

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.

OCD Action – [www.ocdaction.org.uk](http://www.ocdaction.org.uk) 0845 390 6232 Mon-Fri, 9.30am-5pm

Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources.

OCD UK – [www.ocduk.org](http://www.ocduk.org) 0845 120 3778 (Mon-Fri, 9am-5pm)

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments

PAPYRUS – [www.papyrus-uk.org](http://www.papyrus-uk.org) 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm. Weekends 2-5pm)

Young suicide prevention society

Rethink Mental Illness – [www.rethink.org](http://www.rethink.org) 0300 5000 927

Mon-Fri, 9.30am-4pm

Support and advice for people living with mental illness

Samaritans – [www.samaritans.org.uk](http://www.samaritans.org.uk) 116 123 (free 24-hour helpline)

Confidential support for people experiencing feelings of distress or despair.

SANE – [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum) 0300 304 7000 (daily, 4.30-10.30pm)

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

YoungMinds – [www.youngminds.org.uk](http://www.youngminds.org.uk) 0808 802 5544 (Mon-Fri, 9.30-16:00)

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