



SIGNPOSTED SUPPORT



[DUMPTHESCALES.ORG](https://dumppthescales.org)

Signposted Support

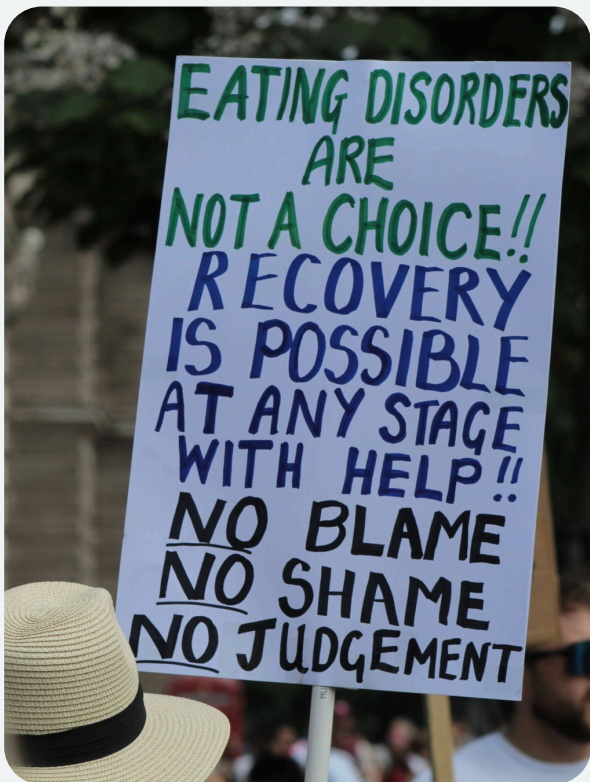
First and foremost in the event of an emergency, you are in crisis, you feel at risk please call 999 immediately.

If you need medical advice please contact 111.

If you live in England, you can call a local NHS urgent mental health helpline for support during a mental health crisis. Anyone can call these helplines, at any time. These helplines offer similar support to a crisis team.

The NHS website has more information on urgent mental health helplines, including how to find your local helpline

We have shared signposted support to specific organisations previously and we will be sharing this again.



General Mental Health Support

SAMARITANS

The Samaritans logo consists of the word "SAMARITANS" in white, uppercase letters on a green rectangular background.

The Samaritans are there day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

CALL 116 123

SHOUT

The Shout logo features the word "shout" in a lowercase, bold, sans-serif font, with "85258" in white inside a dark blue speech bubble shape below it.

here for you 24/7

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

TEXT 'SHOUT' TO 85258

NHS - 111

The NHS logo is the word "NHS" in white, bold, sans-serif letters on a blue rectangular background.

People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

CALL 111 | OPTION 2

The SANE logo features a stylized blue line drawing of a person's head and shoulders, with the word "SANE" in red, bold, sans-serif letters below it.

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

CALL 0300 304 7000

dumpthescales.org



General Mental Health Support



CALM

Calm offers a suicide prevention helpline for anyone affected by suicide or suicidal thoughts

THECALMZONE.NET



OCD - UK

OCD UK offer online support groups. These are free to access and offer the advantage of being able to help more people across a wider geographical area.

OCDUK.ORG



HIDDEN STRENGTH

HIDDEN STRENGTH

A unique mental health platform for young people aged 13-24. They provide accessible and immediate support in a safe, anonymous environment. Their app provides a secure interactive portal where people can access qualified therapists

HIDDENSTRENGTH.COM

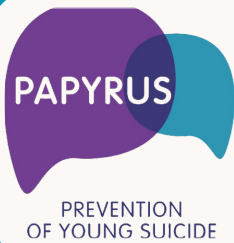


HUB OF HOPE

UK-wide mental health service database. Lets you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

HUBOFHOPE.CO.UK

General Mental Health Support



PAPYRUS

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open 24 hours, 7 days a week.

[PAPYRUS-UK.ORG](https://www.papyrus-uk.org)



STUDENT MINDS

Mental health charity that supports students. Runs Student Space, offering online information and helpline support

[STUDENTMINDS.ORG.UK](https://www.studentminds.org.uk)



YOUNG MINDS

Advice and support for young people for their mental health. Also supports parents and carers through a helpline and chat service.

[YOUNGMINDS.ORG.UK](https://www.youngminds.org.uk)



ANXIETY UK

Anxiety UK is a leading mental health charity run by and for people living with anxiety. Providing advice and support for people living with anxiety.

[ANXIETYUK.ORG.UK](https://www.anxietyuk.org.uk)

Eating Disorder Support

BEAT



The UK's leading Eating Disorder Charity. Support on the Helpline is available by phone, email, webchat through our social media accounts and by letter.

[BEATEATINGDISORDERS.ORG.UK](https://www.beateatingdisorders.org.uk)

F.E.A.S.T



A global support and education community of and for parents of those with eating disorders.

[FEAST-ED.ORG](https://www.feast-ed.org)

PEACE



PEACE is a pathway supporting those with both with an Eating Disorder and Autism, their carers and their clinicians.

[PEACEPATHWAY.ORG](https://www.peacepathway.org)

SWEDA



A regional charity supporting people affected by eating disorders across regions in the South & West of England

[SWEDAUK.ORG](https://www.swedauk.org)

[dumpthescales.org](https://www.dumpthescales.org)



Eating Disorder Support

TALK ED



Talk ED is a national, peer-led charity supporting anyone affected by any eating disorder or eating distress.

TALK-ED.ORG.UK

ARFID AWARENESS UK



The UK's only registered charity dedicated to raising awareness and furthering information about Avoidant/Restrictive Food Intake Disorder.

ARFIDAWARENESSUK.ORG

PEDS



PEDS are a Nurse-led specialist eating disorder charity based in Peterborough, supporting individuals in the Peterborough and Cambridgeshire area.

PEDSUPPORT.CO.UK

FIRST STEPS ED



A UK charity providing care and support for children and their families, young people and adults affected by eating difficulties and disorders. Offering counselling, psychotherapy and other resources.

FIRSTSTEPSED.CO.UK

dumpthescales.org



Eating Disorder Support

TASTE LIFE



An organisation providing tools for recovery for those who struggle with eating disorders and for their supporters, as well as training and courses for professionals.

TASTELIFEUK.ORG



SEED

SEED provides support, advice, groups and workshops to those personally affected by eating disorders and their families and caregivers.

[EMAIL SUPPORT@SEED.CHARITY](mailto:SUPPORT@SEED.CHARITY)



EAT BREATHE THRIVE

Eat Breathe Thrive Foundation for Eating Disorders is an international nonprofit working to prevent and help people recover from eating disorders.

EATBREATHETHRIVE.ORG



THE LAURENCE TRUST

The Laurence Trust offers a hub of online information to support men with eating disorders and provide insight and guidance for their loved ones through their confidential info line.

[CALL 07510 371 335](tel:07510371335)

dumpthescales.org



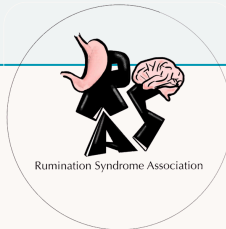
Eating Disorder Support



THE NATIONAL PICA ADVISORY SERVICE

The National Pica Advisory Service, established in 2023, is dedicated to providing training for organisations and supporting families affected by Pica

[TNPAS.ORG.UK](https://tnpas.org.uk)



RUMINATION SYNDROME ASSOCIATION

A newly established website dedicated to sufferers of Rumination Syndrome

[RUMIUK.ORG](https://rumiuk.org)



CARALINE

Provides evidence-based therapeutic support for individuals living with eating disorders. The service supports individuals with eating disorders, their carers/loved ones, and organisations

[CARALINE.COM](https://caraline.com)



SUPPORT ED

A Scotland based Eating Disorder organisation. Their service is designed to support your needs, whether you have an eating disorder, or someone you care about has an eating disorder.

[SUPPORTEDSCOTLAND.ORG](https://supportedscotland.org)

Eating Disorder Support



REDCAN

REDCAN will help you find eating disorder support in your area, as well as signposting to appropriate services which have the resources to support you.

REDCAN.ORG.UK



SYEDA

SYEDA provide non-judgemental support to people affected by eating disorders. This includes a range of eating problems

SYEDA.ORG.UK



EATING DISTRESS NORTH EAST

Eating Distress North East (EDNE) offers independent confidential services to people affected by eating distress across the North East

EDNE.ORG.UK



DIABETES UK - T1DE

If you or a loved one is affected by an Eating Disorder whilst living with Diabetes you can contact their helpline. You can also chat anonymously on an online forum or attend a support group in person.

DIABETES.ORG.UK



LGBTQIA+ Mental Health Support



MIND OUT

MindOut is a mental health service run by and for Lesbian, Gay, Bisexual, Trans, and Queer (LGBTQ+) people.

MINDOUT.ORG.UK



LGBT HERO

LGBT HERO is the national health and wellbeing charity dedicated to uplifting and supporting LGBTQ+ people.

LGBTHERO.ORG.UK



SWITCHBOARD

Switchboard is the national LGBTQIA+ support line. They can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling.

SWITCHBOARD.LGBT



BLACK BEETLE HEALTH

Offering support to LGBTQ+ People of Colour. They offer resources and links to culturally-safe services that can give mental health support to LGBTQ+ people of colour including Eating Disorders.

BLACKBEETLEHEALTH.CO.UK

LGBTQIA+ Mental Health Support

AFRICAN RAINBOW FAMILY



They are the the Leading National Expert by Experience Grassroots Charity Campaigning and Advocating for Racial Justice & Human Rights of LGBTIQ+ Refugees and People Seeking Asylum of African Heritage & the Global Majority

AFRICANRAINBOWFAMILY.ORG

LGBT FOUNDATION



They offer a wide range of specialist support services that have been designed by LGBTQ+ people for LGBTQ+ people.

LGBT.FOUNDATION

GALOP



The UK's LGBT+ anti-abuse charity. They work with and for LGBT+ victims and survivors of abuse and violence. helplines are available for anyone in the UK who is LGBT+.

GALOP.ORG.UK

RAINBOW MIND



Rainbow Mind is a collaborative service between Mind in the City, Hackney and Waltham Forest and Mind in Salford, aiming to tackle mental health issues for individuals within the LGBTQIA+ community.

RAINBOWMIND.ORG

dumppthescales.org



Transgender Mental Health Support



MERMAIDS

Mermaids' support line provides phone, web chat and email support to trans, non-binary, gender diverse and gender questioning young people under 20, their loved ones, and allies of trans children and young people.

CALL 0808 801 0400



GENDERED INTELLIGENCE

Deliver a range of services, projects and activities to trans, non-binary, and gender questioning people, as well as a range of educational, training and consultancy services.

GENDEREDINTELLIGENCE.CO.UK



TRANSACTUAL

A national, trans led and run organisation focused specifically on working for trans adults in the UK. TransActual advocate for trans people at a national level on a number of matters.

TRANSACTUAL.ORG.UK



MINDLINE TRANS+

Mindline Trans+ is an emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid. They are also here to support family members, friends, colleagues and carers.

CALL 0300 330 5468

Neurodiversity Support



NEURODIVERSITY UK

A social enterprise dedicated to uniting the neurodiverse community across the UK.

[NEURODIVERSITYUK.CO.UK](https://neurodiversityuk.co.uk)



ADHD UK

They provide a number of different peer-to-peer options and bring in experts for informative lectures and Q&A sessions. To reach as many people as possible the majority are done online

[ADHDUK.CO.UK](https://adhd.uk)



NATIONAL AUTISTIC SOCIETY

Advice and guidance about autism and the challenges autistic people and their families face.

[WWW.AUTISM.ORG.UK](https://www.autism.org.uk)



MENCAP

MenCap have a free helpline service offers advice and support for people with a learning disability, and their families and carers.

[MENCAP.ORG.UK](https://mencap.org.uk)

dumpthescales.org



Black Mental Health Support



THE EMPOWERMENT GROUP

The Empowerment Group supports people of Black African and Caribbean heritage aged 14 and over in the UK facing mental health challenges. This is achieved through free online 1:1 culturally appropriate therapy.

THEEMPOWERMENTGROUP.CO.UK



BAYO

Bayo is a space to find collectives, organisations and services from across the UK – run by and for the Black community – to support our mental health and wellbeing.

WWW.BAYO.UK



BLACK MINDS MATTER UK

Black Minds Matter UK is a registered charity connecting Black individuals and families with free 121 talking therapy delivered by qualified and accredited Black therapists.

BLACKMINDSMATTERUK.COM



BAATN

Provides a list of therapists from Black, African and Asian backgrounds, and signposts to local mental health and advocacy services.

BAATN.ORG.UK

Disabled Mental Health Support



SCOPE

Scope's helpline provides free, independent and impartial advice and support on issues that matter to disabled people and their families.

[SCOPE.ORG.UK](https://www.scope.org.uk)



SENSE

Sense is there to support people with complex disabilities, including deafblindness. They offer personalised, creative and flexible support at every stage of life.

[SENSE.ORG.UK](https://www.sense.org.uk)



GUIDEPOSTS

A UK-based charity working with people in local communities to help them access the support, opportunities and skills they need to overcome social inequalities, improve their wellbeing and change their lives.

[GUIDEPOSTS.ORG.UK](https://www.guideposts.org.uk)

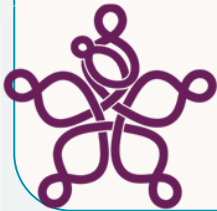


DISABILITY RIGHTS UK

Disability Rights UK is the UK's leading Disabled People's Organisation - led by, run by, and working for Disabled people. They offers extensive support, including helplines for information.

[DISABILITYRIGHTSUK.ORG](https://www.disabilityrightsuk.org)

Parental / Guardian Mental Health Support



THE MATERNAL MENTAL HEALTH ALLIANCE

The Maternal Mental Health Alliance (MMHA) is a UK charity and network dedicated to ensuring women and families affected by perinatal mental health problems have access to high-quality, compassionate care.

[MATERNALMENTALHEALTHALLIANCE.ORG](https://maternalmentalhealthalliance.org)



PANDAS

PANDAS supports families affected by perinatal mental illness. The PANDAS Helpline is for offering information, support and guidance.

[PANDASFOUNDATION.ORG.UK](https://pandasfoundation.org.uk)



FAMILY ACTION

They support families all over the country through our local services delivered from Family Action offices, in community spaces, and in homes.

[FAMILY-ACTION.ORG.UK](https://family-action.org.uk)



TOMMY'S

Information and support before, during and after pregnancy. Including expert support for people affected by stillbirth, miscarriage and premature birth.

[TOMMYS.ORG](https://tommys.org)

Mental Health Support for Victims of Abuse



REFUGE

The National Domestic Abuse Helpline. Supporting those who have experienced abuse is at the core of everything they do. They mainly support women and children, but community services also extend to men.

CALL 0808 2000 247



RESPECT

The Men's Advice Line is there for all male victims of domestic abuse and those supporting them. Anyone who feels this is the right service for them is welcome to get in touch, including trans and non-binary people.

MENSADVICELINE.ORG.UK



THE SURVIVORS TRUST

The Survivors Trust is a national membership organisation supporting specialist rape and sexual abuse services in the voluntary sector.

THESURVIVORSTRUST.ORG



PTSD UK

Provides information about PTSD and complex PTSD, including different types of treatment, ways to help yourself and how to support someone with PTSD.

PTSDUK.ORG

Addiction and Mental Health Support

WITH YOU



WithYou is a drug, alcohol and mental health charity. With over 80 services across England and Scotland, they provide support and advice to more than 100,000 people a year.

WEAREWITHYOU.ORG.UK

TURNING POINT



Specialise in Substance abuse, Mental Health and Learning Disabilities. Turning Point provide services including talking therapies, residential rehabilitation, supported accommodation, crisis services, workplace support, and carers support.

TURNING-POINT.CO.UK

FRANK



Confidential advice and information about drugs, their effects and the law.

TALKTOFRANK.COM

CHANGE GROW LIVE



Find information and local support services for alcohol and drug use. Also offers support for mental wellbeing, and issues like housing and work.

TURNING-POINT.CO.UK

Financial and Food Insecurity Support



TRUSSELL TRUST

Their helpline offers free, confidential advice and emergency support for people living in England and Wales. If you need help, a food bank can provide an emergency food parcel containing at least three days of meals.

[TRUSSELL.ORG.UK](https://www.trussell.org.uk)



TURN2US

Turn2us is a national charity providing practical help to people who are struggling financially.

[TURN2US.ORG.UK](https://www.turn2us.org.uk)



CRISIS

Crisis can offer you support to find housing, employment, develop new skills, and more.

[CRISIS.ORG.UK](https://www.crisis.org.uk)



SHELTER

Their free emergency helpline offers urgent advice if you are homeless, have nowhere to stay tonight or are at risk of harm or abuse in your home.

[SHELTER.ORG.UK](https://www.shelter.org.uk)

[dumpthescales.org](https://www.dumpthescales.org)

