

MENTAL HEALTH RESOURCES

DON'T SUFFER IN SILENCE

Stress, Anxiety, Fear – All of us have gone through, and are going through, tough times. But for those who are struggling with one or more significant problems, we want to ensure you have the help you need and know where to find it.

The following are a range of charities, websites and helplines which may be useful to you. If you are struggling, don't suffer in silence. Talk to someone. We assure you you're not alone.

Mental Health Foundation

The home of Mental Health Awareness Week, the Mental Health Foundation is a major UK charity working towards good mental health for all.

<https://www.mentalhealth.org.uk/>

Mind

One of the largest mental health charities in the country, Mind provide advice and support to empower anyone experiencing a mental health problem and campaign to improve services, raise awareness and promote understanding.

0300 123 3393 (Monday to Friday, 9am to 6pm)

<https://www.mind.org.uk/>

Music Minds Matter

Music Minds Matter had been supporting musicians for 100 years and provides a dedicated service for anyone working in the industry who is struggling to cope and needs to talk.

<https://www.musicmindsmatter.org.uk/>

Music Support UK

The mission at Music Support is to make sure that nobody in the UK music industry is left to suffer alone with mental or emotional health issues or addiction.

<https://musicsupport.org/>

The Film & TV Charity

Provides 24/7 help to people in all corners of the Film and TV industry through a range of support services and talent development programmes. Their aim is to give people a lift when they're facing personal and career challenges, from illness and injury to unemployment, relationship breakdown and bereavement.

<https://filmtvcharity.org.uk/>

Samaritans

Confidential support for people experiencing feelings of distress or despair.

<http://www.samaritans.org.uk/>

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.
0800 58 58 58 (daily, 5pm to midnight).

<http://www.thecalmzone.net/>

PAPYRUS

Young suicide prevention society.

HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm
on weekends and bank holidays)

<http://www.papyrus-uk.org/>

Cruse Bereavement Care

Offering a range of support platforms for those experiencing grief at the loss of
someone close to them.

0808 808 1677 (Monday to Friday, 9am to 5pm)

<http://www.cruse.org.uk/>

Anxiety UK

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

03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to
8pm)

<http://www.anxietyuk.org.uk/>

Refuge

Advice of dealing with domestic violence.

0808 2000 247 (24-hour helpline)

<http://www.refuge.org.uk/>

Alcoholics Anonymous

0800 917 7650 (24-hour helpline)

<http://www.alcoholics-anonymous.org.uk/>

Narcotics Anonymous

0300 999 1212 (daily, 10am to midnight)

<http://www.ukna.org/>

National Gambling Helpline

0808 8020 133 (daily, 8am to midnight)

<http://www.begambleaware.org/>