

## CHRISTIES CARE - MINI DIRECTORY FOR HELP AND SUPPORT

### Contact details for organisations that can provide help and support

- **(Mind information and support)**

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

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

<https://www.mind.org.uk/information-support/>

- **(NHS Mind plan and NHS Body plan)**

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

<https://www.nhs.uk/oneyou/for-your-body/>

- **(NHS Smoking Plan)**

<https://www.nhs.uk/oneyou/for-your-body/quit-smoking/personal-quit-plan/>

- **(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)

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

- **(Men's health forum)**

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

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

- **(Rethink Mental Illness)**

Support and advice for people living with mental illness.

0300 5000 927 (Monday to Friday, 9.30am to 4pm)

[www.rethink.org](http://www.rethink.org)

- **(Samaritans)**

Confidential support for people experiencing feelings of distress or despair.

116 123 (free 24-hour helpline)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

- **(Alcoholics Anonymous)**

0800 917 7650 (24-hour helpline)

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

- **(Narcotics Anonymous)**

To support with drug addictions.

0300 999 1212 (10.00am – Midnight)

<https://ukna.org/>

- **(National Gambling Helpline)**

0808 8020 133 (daily, 8am to midnight)

[www.begambleaware.org](http://www.begambleaware.org)

- **(Cruse Bereavement Care)**

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

[www.cruse.org.uk](http://www.cruse.org.uk)

- **(Relate)**

The UK's largest provider of relationship support.

[www.relate.org.uk](http://www.relate.org.uk)

- **(Refuge)**

Advice on dealing with domestic violence.

0808 2000 247 (24-hour helpline)

[www.refuge.org.uk](http://www.refuge.org.uk)

- **(Family Lives)**

Advice on all aspects of parenting, including dealing with bullying.

0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

[www.familylives.org.uk](http://www.familylives.org.uk)

**Video audio links to provide support/guidance and techniques:**

- Low mood, sadness and depression
- Anxiety control training
- Overcoming sleep problems
- Low confidence and assertiveness
- Unhelpful thinking

**<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>**

- Please see link below for a breathing exercise

**<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>**