

Community Support Information



Suicide Prevention

HOPELINE247 (PAPYRUS)

Phone: 0800 068 4141
Email: pat@papyrus-uk.org
Text: 88247
24 hours, 7 days a week

Samaritans

Phone: 116 123
Email: jo@samaritans.org
24 hours, 7 days a week

Mental Health

Mind

Info Line: 0300 123 3393
www.mind.org.uk
Mon – Fri, 09:00 – 18:00

Rethink

Advice Line: 0808 801 0525
www.rethink.org
Mon – Fri, 09:30 – 16:00

Anxiety

Anxiety UK

Phone: 03444 775 774
www.anxietyuk.org.uk

No Panic

Phone: 0844 967 4848
nopanic.org.uk
10:00 – 22:00 every day

Child and Adolescent

Young Minds

Parents Advice Line: 0808 802 5544
youngminds.org.uk
Mon – Fri, 09:30 – 16:00

Childline

Phone: 0800 1111
www.childline.org.uk
24 hours, 7 days a week

NSPCC

Phone: 0808 800 5000
www.nspcc.org.uk

Child and Adolescent Mental Health Services (CAMHS) – NHS Service

Bereavement

Child Bereavement UK

Phone: 0800 02 888 40

Survivors of Bereavement by Suicide

Phone: 0300 111 5065

Self-harm

Self Injury Support

www.selfinjurysupport.org.uk

SelfharmUK

www.selfharm.co.uk

LGBTQ+

LGBT Foundation

Phone: 0345 330 30 30
lgbt.foundation

Beaumont Society

beaumontsociety.org.uk

Addiction

Addiction Helper

Phone: 0800 044 8267
www.addictionhelper.com
24 hours, 7 days a week

GamCare

Phone: 0808 8020 133
www.gamcare.org.uk
24 hours, 7 days a week

Ad Fam

adfam.org.uk

Apps

Hub of Hope

Stay Alive

Domestic Abuse and Violence

National Domestic Abuse Helpline

Phone: 0808 2000 247
24 hours, 7 days a week

National Centre for Domestic Violence

Phone: 0844 8044 999
www.ncdv.org.uk

Rape and Sexual Assault

RapeCrisis

rapecrisis.org.uk

The Survivors Trust

Phone: 0800 010 818
www.thesurvivorstrust.org
Mon – Thurs, 10:00 – 18:00

Homelessness

Shelter

England: england.shelter.org.uk
Scotland: scotland.shelter.org.uk



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Registered Charity Number: 1070896
OSCR Registered Charity Number: SCO52556