

Support Line Name	Website	Phone number	Overview
OAA website	https://www.adwick.outwood.com/	NA	Wealth of resources for both parent and students. Click on the green tab. This is a trust wide resource that has information for all. It had local services too.
Anxiety UK	http://www.anxietyuk.org.uk/	03444 775 774	Monday to Friday, 9.30am to 5.30pm. Charity providing support if you have been diagnosed with an anxiety condition.
Bipolar UK	http://www.bipolaruk.org.uk/	NA	A charity helping people living with manic depression or bipolar disorder.
Campaign Against Living Miserably,	http://www.thecalmzone.net/	0800 58 58 58	For men aged 15 to 35. Daily, 5pm to midnight)
Mens Health Forum	https://www.menshealthforum.org.uk/beatstress.uk		24/7 stress support for men by text, chat and email.
Metal Health .org	http://www.mentalhealth.org.uk/		Provides information and support for anyone with mental health problems or learning disabilities.
Mind	http://www.mind.org.uk/	0300 123 3393	Monday to Friday, 9am to 6pm. Promotes the views and needs of people with mental health problems.

No Panic	http://www.nopanic.org.uk/	0844 967 4848	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. Daily, 10am to 10pm
OCD Action	http://www.ocdaction.org.uk/	0845 390 6232	Monday to Friday, 9.30am to 5pm. Support for people with OCD. Includes information on treatment and online resources.
OCD UK	http://www.ocduk.org/	0845 120 3778	Monday to Friday, 9am to 5pm. A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.
Papyrus UK	http://www.papyrus-uk.org/	0800 068 4141	Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends. Young suicide prevention.
Rethink	http://www.rethink.org/	0300 5000 927	Monday to Friday, 9.30am to 4pm. Support and advice for people living with mental illness.
Samaritans	http://www.samaritans.org/	116 123	Confidential support for people experiencing feelings of distress or despair. You can contact the about someone you may be worried about. 24 hour free phone line.

Sane	http://www.sane.org.uk/textcare (text service) http://www.sane.org.uk/supportforum (peer support) http://www.sane.org.uk/support (website)	0300 304 7000	Emotional support, information and guidance for people affected by mental illness, their families and carers.
Young Minds	http://www.youngminds.org.uk/	08 802 5544 for parents	Monday to Friday, 9.30am to 4pm. Information on child and adolescent mental health. Services for parents and professionals.
NSPCC	http://www.nspcc.org.uk/	Phone: 0800 1111 for Childline for children (24-hour helpline)	Children's charity dedicated to ending child abuse and child cruelty.
		0808 800 5000 for adults concerned about a child (24-hour helpline)	
Refuge	http://www.refuge.org.uk/	0808 2000 247	Advice on dealing with domestic violence. 24 hour helpline.
AA	http://www.alcoholics-anonymous.org.uk/	0845 769 7555	24-hour helpline for people who drink or to support families of those that do.
Gamble Awareness	http://www.begambleaware.org/	0808 8020 133	Daily, 8am to midnight phone line support.
NAUK	http://www.ukna.org/	0300 999 1212	Support for those taking drugs, meetings and advise for professionals.

Alzheimers UK	http://www.alzheimers.org.uk/	0300 222 1122	Monday to Friday, 9am to 5pm and 10am to 4pm on weekends. Provides information on dementia, including factsheets and helplines.
Cruse Bereavement	http://www.cruse.org.uk/home	0844 477 9400	Monday to Friday, 9am to 5pm. offer support, advice and information to children, young people and adults when someone dies
Rape Crisis	http://www.rapecrisis.org.uk/	0808 802 9999	Daily, 12pm to 2.30pm and 7pm to 9.30pm. Can use the phone line to find local resources and support.
Victim Support	https://www.victimsupport.org.uk/	0808 168 9111	24 hour help line for victims of crime.
Beat Eating Disorders	http://www.b-eat.co.uk/	0808 801 0677 (adults) 0808 801 0711 (for under-18s)	Information about the types of eating disorders, support and CPD for professionals.
Mencap	http://www.mencap.org.uk/	0808 808 1111	Monday to Friday, 9am to 5pm. Charity working with people with a learning disability, their families and carers.
Parenting and Family Support	http://familylives.org.uk/	NA	Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm. Advice on all aspects of parenting, including dealing with bullying.

Relate	http://www.relate.org.uk/	NA	The UK's largest provider of relationship support. People can access counsellors by telephone, webchat, text.
Amparosevice	amparoservice@listeningear.cjsm.net	NA	Anyone can refer or contact them for support and they have asked that we share this information amongst our workplaces as this support is for everyone, including professionals. For those affected by suicide.
KOOTH	kooth.com	NA	Online service for parents and pupils. Text chat available.