

Life-threatening emergencies call 999 for an ambulance, police or fire services.

- **VETLIFE** – 24/7 independent, confidential and free help for everyone in the veterinary community including veterinary nurses, students and non-clinical staff.
Tel: 0303 040 2551 www.vetlife.org.uk
- **Age UK** – Advice line for older people, their family, friends, carers and professionals.
Tel: 0800 678 1602 www.ageuk.org.uk
- **Alcoholics Anonymous** – Getting sober with the help of regular support groups.
Tel: 0800 917 7650 www.alcoholics-anonymous.org.uk
- **Anxiety UK** – Providing support to those diagnosed with an anxiety condition.
Tel: 03444 775 774 www.anxietyuk.org.uk
- **BEAT** – For those suffering from an eating disorder or experiencing symptoms.
Tel: 0808 801 0677 www.b-eat.co.uk
- **Cruse Bereavement Care** – You are not alone. We're here to support you.
Tel: 0808 808 1677 www.cruse.org.uk
- **Ditch the Label** – Supports people aged 12-25 on a variety of issues, including mental health, bullying, hate crime, identity and relationships. www.ditchthelabel.org
- **Family Lives** – Advice on all aspects of parenting.
Tel: 0808 800 2222 www.familylives.org.uk
- **FRANK** – Free, confidential information and advice about drugs, their effects and the law.
Tel: 0300 123 6600 www.talktofrank.com
- **Kooth** – Online counselling service for anyone feeling sad, anxious or finding life hard.
www.kooth.com/
- **Men's Health Forum** – 24/7 stress support for men by text, chat and email.
Tel: 0207 922 7908 www.menshealthforum.org.uk
- **MIND** – Promotes the views and needs of people with mental health problems.
Tel: 0300 123 3393 www.mind.org.uk
- **National Gambling Helpline**
Tel: 0808 8020 133 www.begambleaware.org
- **National Suicide Prevention Alliance** – Campaign Against Living Miserably (CALM).
Tel: 0800 58 58 58 www.thecalmzone.net
- **NHS First Response Service** – 24/7 service on how to access mental health services.
Tel: 0808 196 8708 www.dpt.nhs.uk/our-services/first-response-service
- **NSPCC helpline** – Helping adults protect children.
Tel: 0808 800 5000 www.nspcc.org.uk
- **Refuge** – For women and children against domestic violence.
Tel: 0808 2000 247 www.nationaldahelpline.org.uk
- **Samaritans** – Confidential support for people experiencing feelings of distress or despair.
Tel: 116 123 www.samaritans.org
- **Shout** – 24/7 text service (85258) for anyone struggling to cope and needing help. Resources available on various topics e.g. anxiety self-help guide, mood journal app, LGBTQ+ support etc.
www.giveusashout.org/get-help/
- **The Source** – Information and advice website for young people in Suffolk, including a health section with many topics: anxiety, cancer, self-esteem, eating disorders, self-harm etc.
www.thesource.me.uk/health/