

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

VETLIFE - 24/7 Independent, confidential and free help for everyone in the veterinary community including veterinary nurses, students and non-clinical staff. 0303 040 2551

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

Age UK - Advice line for older people, their family, friends, carers and professionals 0800 678 1602
www.ageuk.org.uk

Alcoholics Anonymous - getting sober with the help of regular support groups. 0800 917 7650
www.alcoholics-anonymous.org.uk

Anxiety UK - Providing support to those diagnosed with an anxiety condition. 03444 775 774
www.anxietyuk.org.uk

BEAT - For those suffering from an eating disorder or experiencing symptoms. 0808 801 0677
www.b-eat.co.uk

Cruse Bereavement Care - You are not alone. We're here to support you. 0808 808 1677
www.cruse.org.uk

Ditch the Label - Supports people aged 12-25 on a variety of issues, including mental health (e.g. self-harm, suicide thoughts...), bullying, hate crime, identity and relationships.
<https://www.ditchthelabel.org/>

Family Lives - advice on all aspects of parenting. 0808 800 2222 www.familylives.org.uk

FRANK - Free, confidential information and advice about drugs their effects and the law. 0300 123 6600 www.talktofrank.com

Kooth - online counselling service for anyone feeling sad, anxious or finding life hard.
<https://www.kooth.com/>

Men's Health Forum - 24/7 stress support for men by text, chat and email. 0207 922 7908
www.menshealthforum.org.uk

MIND - Promotes the view and needs of people with mental health problems (e.g. eating disorders, self-harm, panic attacks, OCD, self-esteem...). 0300 123 3393 www.mind.org.uk

National Gambling Helpline. 0808 8020 133 www.begambleaware.org

National Suicide Prevention Alliance - Campaign Against Living Miserably (CALM) 0800 58 58 58
www.thecalmzone.net

NHS First Response Service - 24/7 service on how to access mental health services. 0808 196 8708
<https://www.dpt.nhs.uk/our-services/first-response-service>

NSPCC helpline - Helping adults protect children. 0808 800 5000 www.nspcc.org.uk

Refuge - For women and children against domestic violence. 0808 2000 247
www.nationaldahelpline.org.uk

Samaritans - Confidential support for people experiencing feelings of distress or despair. 116 123
www.samaritans.org.uk

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.
<https://giveusashout.org/get-help/>

The Source - Information and advice website for young people in Suffolk, includes a health section with many topics: anxiety, cancer, self-esteem, eating disorders, self-harm etc
<https://www.thesource.me.uk/health/>

Young minds - A mental health charity for young people with guidance about overcoming common problems, e.g. self-harm, and available support. <https://www.youngminds.org.uk/>