

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 [Home - Vetlife](#)

Age UK - Advice line for older people, their family, friends, carers and professionals 0800 678 1602 [Age UK | Let's change how we age](#)

Alcoholics Anonymous - getting sober with the help of regular support groups. 0800 917 7650 [Home - Alcoholics Anonymous Great Britain](#)

Anxiety UK - Providing support to those diagnosed with an anxiety condition. 03444 775 774 [Home - Anxiety UK](#)

BEAT - For those suffering from an eating disorder or experiencing symptoms. 0808 801 0677 [The UK's Eating Disorder Charity - Beat](#)

Campaign Against Living Miserable (CALM) - A suicide prevention charity that provides life-saving services and practical mental health support to anyone who needs it. CALMzone App, Livechat, WhatsApp or call 0800 58 58 58 [Campaign Against Living Miserably | Suicide prevention charity](#)

Cruse Bereavement Care - You are not alone. We're here to support you. 0808 808 1677 [Home - Cruse Bereavement Support](#)

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. [Ditch the Label | Youth Charity | Mental Health, Bullying & Relationships](#)

Family Lives - advice on all aspects of parenting through live chats, emails, phone (0808 800 2222) or WhatsApp (07441 444125) [Coram Family Lives - Parenting and Family Support](#)

FRANK - Free, confidential information and advice about drugs their effects and the law. 0300 123 6600, text 82111 [Honest information about drugs | FRANK](#)

Kooth - a free, safe and anonymous online wellbeing service for young people up to 25 years old. The platform offers access to help from professionals and connect with peers when feeling sad, anxious or finding life hard. More accessible services can be found in the App Solana by Kooth. [Home - Kooth](#)

Men's Health Forum - 24/7 stress support for men by text, chat and email. 0330 097 0654 [Men's Health Forum](#)

MIND - Promotes the view and needs of people with mental health problems (e.g. eating disorders, self-harm, panic attacks, OCD, self-esteem...). Support line 0300 102 1234 Infoline 0300 123 3393 [We're Mind, the mental health charity | Mind](#)

National Gambling Helpline. Free advice, tools and support to help keep people safe from gambling harms. Live chat, WhatsApp with and adviser or call 0808 8020 133 [GambleAware®: Gambling Help & Gambling Addiction](#)

NHS First Response Service - 24/7 service on how to access local mental health services through the NHS. 111 [Service details | Devon Partnership NHS Trust](#)

NSPCC helpline - Helping adults protect children including online safety advice. 0808 800 5000 [NSPCC | The UK children's charity](#)

Refuge - For women and children against domestic violence. 0808 2000 247 [Homepage - National Domestic Abuse Helpline](#)

Samaritans - Confidential support for people experiencing feelings of distress or despair in person through a branch or calling 116 123 [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

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. [Get help - free, 24/7, confidential mental health text support service | Shout 85258](#)

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 [Your Mind - The Source](#)

Young minds - A mental health charity for young people with guidance about overcoming common problems, e.g. self-harm, and available support, or support someone who is struggling. [YoungMinds | Mental Health Charity For Children And Young People | Young Minds](#)