

## Support for Adults and Families

### Anna Freud National Centre for Children and Families

Committed to supporting the mental health and wellbeing of infants, children and families

- [www.annafreud.org](http://www.annafreud.org) (for all ages)

### Anxiety UK

Working to relieve and support those living with anxiety by offering information, support and understanding

- 03444 775774 (9.30am – 5.30pm Mon - Fri, 10am – 8pm Sat/Sun. Call charges may apply)
- 07537 416905 (text service)

### Campaign Against Living Miserably (CALM)

A helpline for men who are feeling down and need to talk or find information and support

- 0800 585858 (5pm – midnight. Calls are free)
- [www.thecalmzone.net](http://www.thecalmzone.net)

### Family Action

Supporting adult family members via telephone, text, email and webchat

- 0800 0272127 (5pm – 1am)
- 07537 404695 (text service)
- [www.family-action.org.uk](http://www.family-action.org.uk)

### Leicestershire Helpline

If you are an adult and live in Leicestershire, mental health crisis support is available 24 hours a day. Your call is confidential:

- 0808 800 3302 (calls are free)

### Mind

Information and signposting for mental health problems, where to get help near you, treatment options and advocacy services.

- 0300 123 3393 (9am – 6pm Mon - Fri, except bank holidays. Call charges apply)
- [info@mind.org.uk](mailto:info@mind.org.uk) (email)

### No Panic

Support and information for those who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders

- 0844 9674848 (10am – 10pm every day. Call charges apply)

### Samaritans

Provides local and national helplines to give support for all ages

- 0116 2700007 (local line – call charges apply)
- 116 123 (national line – free of charge)
- [www.samaritans.org](http://www.samaritans.org)

## **SANeline**

A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness

- 0300 3047000 (4.30pm – 10.30pm every day of the year. Call charges apply)

## **The Silver Line**

A helpline and friendship service for people aged 55 and over

- 0800 4708090 (anytime – free of charge)

## **Switchboard**

A helpline providing LGBT+ support.

- 0300 330630 (10am – 10pm. Call charges apply)
- [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) (email service)
- [Online chat service](#)