

# Helplines (Mental Health)

<p><b>CALM</b></p> <p>CALM is the Campaign Against Living Miserably, for men aged 15 to 35</p>	<p>Phone: <a href="tel:0800585858">0800 58 58 58</a> (daily, 5pm to midnight)</p> <p>Website: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p>
<p><b>Men's Health Forum</b></p> <p>24/7 stress support for men by text, chat and email.</p>	<p>Website: <a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a></p>
<p><b>Mental Health Foundation</b></p> <p>Provides information and support for anyone with mental health problems or learning disabilities.</p>	<p>Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>
<p><b>Mind</b></p> <p>Promotes the views and needs of people with mental health problems. Lots of helpsheets and videos online.</p>	<p>Phone: <a href="tel:03001233393">0300 123 3393</a> (Monday to Friday, 9am to 6pm)</p> <p>Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>
<p><b>No Panic</b></p> <p>Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.</p>	<p>Phone: <a href="tel:08449674848">0844 967 4848</a> (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge</p> <p>Website: <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a></p>
<p><b>OCD Action</b></p> <p>Support for people with OCD. Includes information on treatment and online resources.</p>	<p>Phone: <a href="tel:08453906232">0845 390 6232</a> (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge</p> <p>Website: <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a></p>
<p><b>OCD UK</b></p> <p>A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.</p>	<p>Phone: <a href="tel:03332127890">0333 212 7890</a> (Monday to Friday, 9am to 5pm)</p> <p>Website: <a href="http://www.ocduk.org">www.ocduk.org</a></p>

<p>Samaritans</p> <p>Confidential support for people experiencing feelings of distress or despair.</p>	<p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></p>
<p>Shout</p> <p>Anxious? Worried? Stressed?</p> <p>Get 24/7 help from our team of Crisis Volunteers</p>	<p><a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></p> <p>Text Shout to 85258</p>

Andy's Man Club created the #It'sOkaytoTalk movement and have 28 clubs around the UK which normally meet at 7pm every Monday. They are currently all running virtually. Follow on facebook to find your local club or [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

Women in Business Network [www.womeninbusiness.co.uk](http://www.womeninbusiness.co.uk) includes a #WIBNhour on twitter at 11am on Wednesdays

Follow Emma Kenny on all twitter, Instagram and facebook @emmakennytv where she runs Wellbeing Clinics Q&A and Live Meditations most evenings.