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Mental Health Resources.

(This resource will be regularly updated and emailed accordingly)

Emergency

Emergency - 999

Wellbeing and Mental Health Helpline - 0800 915 4640

The Samaritans - Tel/Text 116123 (free from any phone)

A mental health service to listen and help you find your way forward.

Regional (Hull & East Yorkshire)

Mental Health Response Service - 01482 301701

The Mental Health Response Service (MHRS) is for adults aged 18 and above. It is an access and urgent care service for people living in Hull and the East Riding of Yorkshire who are experiencing severe and enduring mental health problems and also an acute mental health crisis.

Let's Talk - Hull - 01482 247111
East Riding - 01482 301701

This is a service operated by City Healthcare Partnership where you will be offered a face-to-face assessment to work through what support you may need and which organisation is best placed to offer this.

MIND Hull and East Yorkshire - 01482 240200 / info@heywind.org.uk

Supporting a large range of individual needs 1:1 or in groups

Children and Adolescents Mental Health Service (CAMHS) - 01482 335600

Supporting children and adolescence with their mental health

Rapid Response Service (North East Lincolnshire) - 01472 256256 (opt. 3 for mental health)

Provide a wide range of health and care services. The service can be contacted 24 hours a day, seven days a week.

Hull Women's Aid - 01482 446099

Offering support and accommodation to women and children fleeing domestic abuse.

The Purple House - 01482 790310

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Domestic Abuse Partnership - 01482 318 759

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The ADS (Alcohol and Drug Services) - 01482 326606

Hull ReNew - 01482 620013

Drug and Alcohol Support

SEED - 01482 718130

Eating disorders Support Service

SOBS - Phone Lynne on 01964 536 546

Support groups for the survivors of bereavement of suicide

National

Action for Elder Abuse - 0808 808 8141 or www.elderabuse.org.uk

Provide a helpline (Elder Abuse Response) offering information, advice and support for those who suspect that an older person is being abused or for older people who are being abused.

Anxiety:

- Anxiety Alliance: www.anxietyalliance.org.uk
- Anxiety UK: www.anxietyuk.org.uk
- No Panic: www.nopanic.org.uk
- Social Anxiety UK: www.social-anxiety.org.uk

BEAT (Beating Eating Disorder) - 0300 123 3355

Helpline: 0845 634 1414 (adult) / 0845 634 7650 (youth)

Supports people affected by eating disorders.

CALM (Campaign Against Men Living Miserably) - 0800 585858 (Helpline open 5pm-midnight)

A charity dedicated to preventing male suicide.

Combat Stress - 0800 138 1619

Mental health support for veterans and their families.

Compassionate Friends - 0345 123 2304

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Support and friendship for bereaved parents and their families.

Depend - www.depend.org.uk

An organisation offering free, confidential and non-judgemental advice, information and support to all family members, spouses, partners and friends of transsexual people in the UK.

Depression Alliance - www.depressionalliance.org

GamCare - 0808 8020 133

Information, advice or support for anyone affected by gambling.

HOPELineUk - 0800 068 4141

Young Suicide Prevention

LGBT Foundation - 0345 3 30 30 30

Advice and support in relation to LGBT issues.

Men's Advice Line - 0808 8010 327

Helpline for male victims of domestic abuse.

Mind Info Line - 0300 123 3393 / text 86463

General mental health advice and information.

MindEd - www.minded.org.uk

Free educational resource on children and young people's mental health for all adults.

Mosac - 0800 980 1958

Supporting all non-abusing parents and carers whose children have been sexually abused.

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National Self Harm Network - www.nshn.co.uk

Support individuals who self harm to reduce emotional distress and improve their quality of life and to support and provide information for family and carers of individuals who self harm.

NSPCC - 0808 800 5000 / 0800 1111 for 18 and under

Discuss or report a concern about the safety or welfare of a child.

OCD Action - 0845 390 6232

Provides support and information to anybody affected by OCD.

Rape Crisis - 0808 802 9999

Umbrella body for a network of independent Rape Crisis Centres who provide specialist support and services for victims and survivors of sexual violence or childhood sexual abuse.

Self – Injury Support - Text: 07537 432444 (Tuesday, Wednesday and Thursday, 7pm–9.30pm)

For women affected by self-injury, whether their own or that of a friend or family member.

SOBS (Survivors of Bereavement of Suicide) - 0300 111 5065

Support for survivors of bereavement of suicide.

Women's Aid - 0808 2000 247

Support for women and children exposed to domestic violence .

Young Minds - 0808 802 5544

Support for parents and carers concerned about their emotional or mental health of under 25's.