

## Signposts for Support

We want to promote talking about mental health and well being. We encourage you to talk and discuss mental health and signpost those that need it to expert advice. We have created a list of places that support mental health and wellbeing. Please share across your clubs and hubs with all your members.

### IF YOU OR ANYONE IS AT IMMEDIATE RISK OF HARM OR IN NEED OF MEDICAL ATTENTION CALL 999

#### Samaritans

Telephone: [116 123](tel:116123) (24 hours a day, free to call)

email: [jo@samaritans.org](mailto:jo@samaritans.org) Website: [www.samaritans.org](http://www.samaritans.org)

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

#### ChildLine

Telephone: [0800 1111](tel:08001111) Website: [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything – no problem is too big or too small.

#### Text SHOUT to 85258

[www.Giveusashout.org](http://www.Giveusashout.org)

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

TEXT [85258](tel:85258).

#### Mind infoline

Telephone: [0300 123 3393](tel:03001233393) (9am-6pm Monday to Friday)

Email: [info@mind.org.uk](mailto:info@mind.org.uk) Website: [www.mind.org.uk](http://www.mind.org.uk)

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind has around 140 local Minds providing local mental health services.

#### Saneline

Telephone: [0300 304 7000](tel:03003047000) (4:30pm-10:30pm) Website: [www.sane.org.uk](http://www.sane.org.uk)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

# PENTATHLON GB<sup>+</sup>

## **Rethink Mental Illness advice line**

Telephone: 0300 5000 927 (9.30am – 4pm Monday to Friday)

Email: [info@rethink.org](mailto:info@rethink.org) Website: [www.rethink.org](http://www.rethink.org)

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

Rethink also runs Rethink services and groups across England and Northern Ireland.

## **The Mix**

Telephone: 0808 808 4994 (11am-11pm, free to call)

[www.themix.org.uk](http://www.themix.org.uk)

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access The Mix's support via phone, email, peer to peer and counselling services.

## **Young Minds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Minds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. They provide young people with the tools to look after their mental health. They empower adults to be the best support they can be to the young people in their lives. And they give young people the space and confidence to get their voices heard and change the world we live in.

## **Anxiety UK**

[www.Anxietyuk.org.uk](http://www.Anxietyuk.org.uk)

Helpline 03444 775774 10.30-4.30 Mon- Fri

Anxiety UK was established to promote the relief and rehabilitation of persons living with agoraphobia and associated anxiety disorders, phobias and conditions, in particular, but not exclusively, by raising awareness in such topics.

We are a dedicated, friendly and approachable charity that believes that anxiety, stress and anxiety-based depression are treatable and manageable.

## **CEOP – Child Exploitation & Online Protection**

[www.police.ceop.uk](http://www.police.ceop.uk)

CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat, or being asked to do something that makes you feel uncomfortable); you can report it here.

## **National Bullying Helpline**

[www.Nationalbullyinghelpline.co.uk](http://www.Nationalbullyinghelpline.co.uk)

Helpline 0300 323 0169 9-5 Mon - Fri

The helpline is unique in that it is the only helpline of its kind, established by qualified employment law professionals, providing operational, timely, support to both adults and children – whether the bullying is in the home, the community, the playground, the workplace or on-line (ie: [Cyberbullying](#)).

## **Anti- Bullying Alliance**

# PENTATHLON GB<sup>+</sup>

[www.Anti-bullyingalliance.org.uk](http://www.Anti-bullyingalliance.org.uk)

The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.

## **ManKind Initiative**

Mankind.org.uk

FREEPHONE [0808 800 1170](tel:08088001170)

(will not show on your bills)

HELPLINE [01823 334 244](tel:01823334244)

(for those with inclusive minutes)

Our confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers. We provide an information, support and signposting service to men suffering from domestic abuse from their current or former wife, partner (including same-sex partner) or husband. This can range from physical violence or object throwing to abuse such as constant bullying or insults.

## **Refuge for Women and children**

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

freephone, 24-hour National Domestic Abuse Helpline

[0808 2000 247](tel:08082000247)

As a woman fleeing domestic abuse, you may want to access specialist refuge accommodation. The Helpline can help you find a refuge vacancy for you and your children; call us for more information

## **Hub of Hope**

[www.hubofhope.co.uk](http://www.hubofhope.co.uk)

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time. Simply enter your postcode to find mental health support locally.

## **What should I do if I'm supporting someone else?**

If the person seems really unwell, and you are worried about their safety, you should encourage them to seek help. [The Mind website provides guidance on how to support someone in crisis here.](#)