



**LIVING IN
THE NOW
SERIES**

Our mental health webpages and videos provide information, not advice.

The content of the webpages in our Mental Health section are provided for general information only. They are not intended to, and does not, amount to advice which you should rely on. They are not in any way an alternative to specific advice. You must therefore obtain the relevant professional or specialist advice before taking, or refraining from, any action based on the information in these webpages. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay. If you think you are experiencing any medical condition you should seek immediate medical attention from a doctor or other professional healthcare provider.

No representation, warranties or guarantees.

Accurate information in our mental health information webpages and to update the information in our mental health information webpages, we make no representations, warranties or guarantees, whether express or implied, that the content in these mental health information webpages are accurate, complete or up to date.



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Emotional Distress: Information and Support

If you or someone you know are feeling emotionally distressed, the following organisations offer advice and support.

Samaritans

Samaritans is available for anyone struggling to cope and provide a safe place to talk 24 hours a day.

Phone: 116 123

Email: jo@samaritans.org

Visit the Samaritans website

Shout

Shout is a 24/7 text service, free on all major mobile networks, for anyone struggling to cope and in need of immediate help.

Text SHOUT to 85258

Visit the Shout website here

HOPELineUK

HOPELineUK offer support, practical advice and information to young people considering suicide and can also offer help and advice if you're concerned about someone you know.

Phone: 0800 068 41 41

Visit the Papyrus website

CALM

CALM, the campaign against living miserably aims to prevent male suicide in the UK and offers anonymous, confidential listening, information and signposting.

Phone: 0800 58 58 58 (daily 5pm-midnight)

Visit the CALM website

Lifeline

Lifeline provides support to people suffering distress or despair in Northern Ireland, regardless of age or district.

Phone: 0808 808 8000 (24 hours a day)

Visit the Lifeline website

Community Advice & Listening Line

Community Advice & Listening Line offers emotional support and information on mental health and related matters to people in Wales.

Phone: 0800 132 737 (24/7) or text "help" to 81066

Visit the Community Advice & Listening Line website



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Breathing Space

Breathing Space offers a confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

Phone: 0800 83 85 87 (Mon-Thu 6pm-2am, weekends 24 hours).

A BSL service is also available via the website.

Visit the Breathing Space website

Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

Phone: 0300 111 5065 (9am to 9pm daily)

Visit the Survivors of Bereavement by Suicide website

Related Information and Support

If you have also been affected by bereavement, or self-harm, organisations listed on our Bereavement support page or Self Harm support page may be able to help.

You can find current information and support for issues covered by Action Line on the BBC Action Line website.

Nightlines

Nightlines are confidential, anonymous, non-judgemental support services run by students for students.

If you're a student, you can search for your institution's Nightline details via the website.

Visit the Nightlines website