

## 1.9.2 UK Mental Health Contacts

[Anxiety UK](#) is a national registered charity for those affected by anxiety disorders. It is a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders, supported by a high-profile medical advisory panel. Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding.

t: 08444 775 774 (helpline) e: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

[Association for Post-Natal Illness](#) maintains a countrywide network of phone, e-mail and postal volunteers, who have had, and recovered from post-natal illness. It also runs a support service for husbands and families of depressed women.

t: 0207 386 0868 e: [info@apni.org](mailto:info@apni.org)

[Beating Bipolar](#) is a free online programme for people experiencing bipolar disorder. designed to help people better understand and manage bipolar disorder. It includes videos of professionals and people with lived experience of bipolar disorder and interactive exercises that help to manage the condition.

t: 020 7400 8989 e: [support@healthcare-learning.com](mailto:support@healthcare-learning.com)

[Bipolar UK](#) is the charity for England and Wales dedicated to supporting individuals with bipolar disorder and their families and carers. It supports 80,000 individuals each year through a range of services.

t: 0333 323 3880 e: [info@bipolaruk.org](mailto:info@bipolaruk.org)

[Campaign Against Living Miserably \(CALM\)](#) is a registered charity which exists to prevent male suicide in the UK. It offers support to men in the UK, of any age, who are down or in crisis via its helpline and website.

t: 0800 58 58 58 e: [info@thecalmzone.net](mailto:info@thecalmzone.net)

[Centre for Mental Health](#) is the UK's leading authority on mental health research. It works to change the lives of people with mental health problems by using research to bring about better services and fairer policies, and hopes to give people who live with mental health problems a fair chance in life.

t: 020 7717 1558 e: [contact@centreformentalhealth.org.uk](mailto:contact@centreformentalhealth.org.uk)

[Equilibrium \(Bipolar Foundation\)](#) is an independent, international, non-governmental organisation dedicated to improving life for people with bipolar disorders by promoting earlier diagnosis and evidence-based treatment and by encouraging clinical excellence through public and professional education

You can email them though their site. Phone number not given

[Hearing Voices Network](#) is an organisation for people who hear voices, see visions or have other unusual perceptions. It offers information and support to people who hear voices and those who support them. It tries to raise awareness of voice hearing, visions, tactile sensations and other sensory experiences.

t: 0114 271 8210 e: [nhvn@hotmail.co.uk](mailto:nhvn@hotmail.co.uk)

[International Society for Affective Disorders](#) (ISAD) promotes research into mood (affective) disorders through all relevant scientific disciplines, including genetics,

neuroscience and the social and behavioural sciences. Inter-disciplinary research approaches are particularly highly valued by the society.

T: (0) 20 7848 0295 e: [enquiry@isad.org.uk](mailto:enquiry@isad.org.uk)

Mind operates in England and Wales to provide advice and support to empower anyone experiencing a mental health problem. It campaigns to improve services, raise awareness and promote understanding of mental health issues.

t: 020 8519 2122 e: [contact@mind.org.uk](mailto:contact@mind.org.uk)

Mood Swings is a charity that supports people with mood disorders and their friends and families. It offers free and confidential information, advice and support to people with mood disorders, family, friends and health and social care professionals. It also offers one to one, support groups and workshops at its base in Manchester.

t: 0161 832 3736 (helpline) e: [info@moodswings.org.uk](mailto:info@moodswings.org.uk)

No Panic provides information and advice for the carers of and people with panic, anxiety, phobias, obsessive compulsive disorders and the effects of tranquiliser withdrawal. It can provide treatment and support over the phone so that all sufferers can be helped.

t: 0844 967 4848 (helpline) or 01952 680 460 e: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

Rethink Mental Illness supports people affected by mental illness by challenging attitudes and changing lives. It provides advice to everyone affected by mental health problems and offers helpful information on everything from treatment and care to benefits and employment rights.

t: 0121 522 7007 e: [info@rethink.org](mailto:info@rethink.org)

The [Royal College of Psychiatrists](#) is the professional body responsible for education and training, and setting and raising standards in psychiatry.

t: 020 7235 2351 e: [reception@rcpsych.ac.uk](mailto:reception@rcpsych.ac.uk)

Sane is a UK mental health charity which works to improve the quality of life for everyone affected by mental illness. SANE offers emotional support and information through its helpline, email services and online Support Forum where people can share experiences and feelings.

t: 0207 375 1002 or 0300 304 7000 e: [info@sane.org.uk](mailto:info@sane.org.uk)

SupportLine offers confidential emotional support to children, young adults and adults by telephone, email and post. It works with callers to develop healthy, positive coping strategies, inner feelings of strength and increased self-esteem to encourage recovery and moving forward with life. It also keeps details of counsellors, agencies and support groups throughout the UK.

t: 01708 765200 e: [info@supportline.org.uk](mailto:info@supportline.org.uk)

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk) – and please also tell us about any good sites you encounter so we can add them to our list.