

# Mental health support: who to contact

Organisations that can help staff and the people you support

Put this where staff can see it, and share it with the people you support and their families in a way that suits each person.

## Organisations that can help

| Organisation                         | What they offer                                                                            | How to contact them                                                                                                        |
|--------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Samaritans</b>                    | Someone to talk to, whatever you're going through                                          | Call <b>116 123</b> , free, any time, day or night                                                                         |
| <b>Mind</b>                          | Information on mental health problems, treatment and where to get help (England and Wales) | Infoline <b>0300 123 3393</b> , 9am to 6pm, Monday to Friday. Email <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> |
| <b>Rethink Mental Illness</b>        | Advice and information for people affected by mental illness                               | <b>0808 801 0525</b> , 9.30am to 4pm, Monday to Friday                                                                     |
| <b>Anxiety UK</b>                    | Support for people living with anxiety                                                     | 24/7 infoline <b>03444 775 774</b>                                                                                         |
| <b>MindEd</b>                        | Free learning on the mental health of children, young people, adults and older people      | <a href="https://minded.org.uk">minded.org.uk</a>                                                                          |
| <b>Community mental health teams</b> | Local NHS teams that coordinate mental health care in the community                        | Ask the person's GP or care team how to contact your local team                                                            |

In Scotland, SAMH (Scottish Action for Mental Health) offers support.

**Urgent help:** if someone's life is at risk, call 999 or go to A&E. For urgent mental health help in England, call NHS 111 and choose the mental health option.

**Sources** (checked 29 September 2026): Samaritans: contact us; Mind: helplines; Rethink Mental Illness: advice and information; Anxiety UK: get help; MindEd; NHS: get urgent help for mental health.

A quick-reference resource only. Always follow the person's care plan, your organisation's policies and procedures, and current national guidance.

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