

Compass

counselling services

Helping you find your way

Mental Health and Helpline Services Available During the Coronavirus Crisis

Compass has closed its waiting list to new clients for the time being while we work to provide continuity for current clients (including those who have had an assessment or are waiting for one). When we reopen our list to new clients we will provide an announcement on our website. We have gathered information about a range of websites and support lines that might be of use to you if you feel that you need support at the current time.

General Mental Health Support



Mind provide support and respect to anyone experiencing a mental health difficulty
www.mind.org.uk info@mind.org.uk



Improving the lives of people affected by mental health difficulties
www.rethink.org T:0300 500 927



Expert advice and practical tips to help you look after your mental health
www.nhs.uk/oneyou/every-mind-matters



We work to improve the quality of life of anyone affected by mental illness.
www.sane.org.uk/support SANEline:0300 304 7000 Textcare & Peer support forum



Prevention is at the heart of what we do. Providing information and support for anyone with mental health problems.
www.mentalhealth.org.uk

Crisis Support



Whatever you're going through a Samaritan will face it with you. They are there 24 hours a day 365 days a year.
www.samaritans.org T:116123



Giving hope to young people struggling with life
papyrus-uk.org Hopeline 0800 068 4141



24/7 text service free on all major mobile networks for anyone in crisis, anytime.
www.giveusashout.org Crisis textline Text shout to 85258



CALM is leading a movement against suicide, the biggest single killer of men under 45.

www.thecalmzone.net T:0800 585858 Webchat available

Anxiety and OCD Support



Don't suffer alone, pick up the phone. Helping you break the chains of anxiety disorders.
www.nopanic.org.uk T:0844 967 4848 info@nopanic.org.uk



Offering confidential advice and support to those with anxiety, stress and anxiety-based depression.
www.anxietyuk.org.uk T:08344 775 774 support@anxietyuk.org.uk Livechat



We're here to make a lasting difference for anyone with OCD.
www.ocdaction.org.uk T:0845 390 6232 support@ocdaction.org.uk



The national OCD charity, run by and for people with lived experience of OCD.
www.ocduk.org T:0333 212 7890

LGBT+ Support



Switchboard – the LGBT+ helpline – a place for calm words when you need them most.
switchboard.lgbt T:0300 330 0630 chris@switchboard.lgbt



The UK's only specialist LGBT+ anti-violence charity
www.galop.org Hopeline 0800 999 5428

Domestic Violence Support



Freephone 24 hour domestic abuse helpline. (Includes support for men)
www.refuge.org.uk T:0800 200 0247 helpline@refuge.org.uk



The national charity working to end domestic abuse against women and children.
www.womensaid.org.uk Online chat service



Domestic abuse affects men too.
www.mensadvice.org.uk T:0808 801 327

Self Injury, Drug and Alcohol, and Eating Disorder Support



Support for women and girls. We're prepared to talk about things that other's aren't.

www.selfinjurysupport.org.uk

Text support 07537 432444 (limited hours)



Support individuals who self harm to reduce emotional distress and improve their quality of life.

www.nshn.co.uk

Service provided by web forum



Free confidential help with alcohol, drugs or mental health. (Addaction)

www.wearewithyou.org.uk

Online chat



If you need help with a drinking problem either phone or contact our email.

www.alcoholics-anonymous.org.uk T:0800 917 7650

help@aamail.org



We offer free, confidential help for anyone who is worried about their or someone else's gambling.

www.begambleaware.org

T:0808 8020 133



Support for you with your eating disorder.

Helpline 0808 801 0677 Studentline 0808 807 0811 One to one webchat

Young People's Support



The UK's leading support service for young people.

www.themix.org.uk T:0800 808 4994 One to one chat Crisis messenger



An award winning registered charity which provides pioneering faith and culturally sensitive services to Muslim youth in the UK.

www.myh.org.uk Helpline 0808 808 2008



Everything we do protects children today and prevents abuse tomorrow.

www.nspcc.org.uk Childline:0800 1111

Adult Helpline:0808 800 5000



We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

www.youngminds.org.uk Helpline: 0808 802 5544 Crisis Messenger Text YM to 885258

Sexual Abuse and Rape Support



Our one-to-one Live Chat Helpline is a free, confidential emotional support service for women and girls who have experienced sexual violence.

rapecrisis.org.uk

Webchat service (limited hours)



Supportline is particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.

www.supportline.org.uk T:01708 765200 info@supportline.org.uk



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

www.mosac.org.uk T:0800 9801958



Survivors UK are here to help sexually abused men as well as their friends and family, no matter when the abuse happened, and challenge the silence and attitudes.

www.survivorsuk.org Helpline webchat 12:00 - 20:00

Other Support Services



To empower everyone affected by bipolar to live well and fulfil their potential.

www.bipolar.org.uk Text:07591 375544 info@bipolar.org.uk



We offer support, advice and information to children, young people and adults when someone dies.

www.cruse.org.uk T:0808 808 1677



A specialist faith and culturally sensitive support service.

www.mwnhelpline.co.uk T:0800 999 5786
Text:07415 206936 info@mwnhelpline.co.uk



A national family support charity providing help to families who are struggling.

www.familylives.org.uk T:0808 800 2222 Forum support available



We are passionate about changing the world for everyone with a learning disability.

www.mencap.org.uk T:0808 800 1111



We work towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve.

www.victimsupport.org T:0808 168 9111



The UK's largest provider of relationship support.

www.relate.org.uk



Additional sources of information for vulnerable people.

<https://www.lcvs.org.uk/the-impact-of-covid-19-on-those-experiencing-domestic-abuse/>

If you are seeking support we hope that this information will be helpful to you.

We will be working hard to ensure our clients are receiving appropriate support and will keep you informed of developments via the Compass website and social media channels.

Stay safe.