



Mental Health, Therapist Directories and Self Care links for UK & Republic of Ireland

Emergency: Call 999 or 112

Non-emergency: [NHS 111 online](#), or call 111

Need to talk? Free 24/7 & confidential

Samaritans: www.samaritans.org

Call 116 123 to talk to [Samaritans](#), or e-mail: jo@samaritans.org for a reply within 24 hours

Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](#), or text "YM" if you're under 19

Call 0800 054 0000 to talk to the [Film & TV Charity](#), or [click here to use their live chat function or e-mail](#)

[NHS list of mental health helplines \(including stress, anxiety, depression\)](#)

Rethink: www.rethink.org/helpnow

Black Thrive: www.blackthrive.org

Mindout - LGBTQ+ Mental Health Service <https://www.mindout.org.uk>

Mind for Mental Health Support: www.mind.org.uk

ArtsMind - supports performers and creatives in need: www.artsminds.co.uk

Black Minds Matter: <https://www.blackmindsmatteruk.com/>

Film & TV Charity: [Mental health community forum / Big White Wall](#)

Film & TV Charity: [Your mental wellbeing during Covid-19](#)

Film & TV Charity: [Financial advice during Covid-19](#)

[Helplines for individual territories i.e. Wales, Scotland, ROI, NI](#)

Anxiety, stress and self harm:

Anxiety: www.anxietyuk.org.uk

Anxiety: www.nopanic.org.uk

Anxiety: www.topuk.org

Post Traumatic Stress Disorder: www.ptsduk.org

Depression: www.depressionuk.org

Eating Imbalances: www.b-eat.co.uk

Bullying, Harassment or Abuse:

Equity's Bullying & Harassment Helpline: 020 7670 0268, harassment@equity.org.uk

National Bullying Helpline: admin@nationalbullyinghelpline.co.uk, 0845 22 55 787

Safe Line: www.safeline.org.uk

Victim Support: www.victimsupport.org.uk

The Havens: www.thehavens.org.uk

Rape Crisis: www.rapecrisis.org.uk

Male Rape & Sexual Abuse: www.survivorsuk.org.uk

Finding a therapist:

British Association of Behavioural Cognitive Psychotherapies: www.babcp.com

Cognitive Behavioural Therapy Register UK: www.cbtregisteruk.com

The British Association of Arts Therapies: www.baat.org/About-BAAT/Find-an-Art-Therapist

Self Care:

Mindfulness

Yoga, Qi-Gong, Pilates

Playing music or listening

Sports

Practicing Hobbies

Meeting with friends - supportive relationships



Outdoor activity in the garden, parks, nature

Eating well

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

www.getselfhelp.co.uk