

## Further Charities Offering a Support Line Service

### [The Samaritans](#)

The Samaritans offer emotional support 24 hours a day - in full confidence.

Call 08457 90 90 90 (UK)

Call 1850 60 90 90 (ROI)

### [Rethink Mental Illness](#)

You can call the Rethink advice and information line Monday to Friday, 10am-2pm for practical advice on:

- different types of therapy and medication
- benefits, debt, money issues
- police, courts, prison
- your rights under the Mental Health Act

Call 0300 5000 927

### [Mind](#)

Mind offer an information line 9am to 6pm, Monday to Friday (except for bank holidays) to answer questions about:

- types of mental health problem
- where to get help
- drug and alternative treatments
- advocacy

Call 0300 123 3393

Email [info@mind.org.uk](mailto:info@mind.org.uk)

Text 86463

### [Sane](#)

Saneline is a mental health helpline offering specialist emotional support and information to anyone affected by mental illness available 6pm – 11pm.

Call 08457 67 80 00

### [CALM](#)

Campaign Against Living Miserably, for men aged 15 – 35. The helpline is available 5pm – midnight

Call 0800 58 58 58

### [LawCare](#)

LawCare is a charity set up for lawyers, their support staff and families. Available 24 hours a day, 365 days a year

Call 0800 279 6888

