

Mental Health Helplines

- **CALM (Campaign Against Living Miserably)** (contact no. **0800 585858**) are a nationwide charity dedicated to assisting men who're down or who have 'hit a wall'. Webchat is available via their website at <https://www.thecalmzone.net/>. Helpline open 5pm to midnight, Monday to Sunday.
- **North Yorkshire Mental Health Helpline** (contact no. **0333 0000 309**) provide advice and support regarding any mental health issue. This service is open to anyone registered with a North Yorkshire GP, and operates Monday to Thursday 5pm to 8.30pm, Friday from 4.30pm and 24-hours at weekends, including Bank Holidays. *(Note: This service typically signpost to Crisis Teams or other services if service-users become particularly distressed.)*
- **The Mix** (contact no. **0808 808 4994**) is the UK's leading support service for young people. They help take on any challenge – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Their services are accessible online (<https://www.themix.org.uk/>), via text (text THEMIX to 85258, free from most major networks) or through their free, confidential helpline.
- **Papyrus** (contact no. **0800 0684141**) are an organisation dedicated to helping young people who feel life is not worth living or are worried about thoughts of suicide. Their Hopeline offers non-judgemental support, practical advice and information to anyone up to the age of 35 who are worried about how they are feeling, or to anyone concerned about a young person. They also provide support via text on **07786 209697**, and via e-mail at pat@papyrus-uk.org. Helpline open Monday-Friday 10am to 10pm, 2pm to 10pm weekends and bank holidays.
- **Saneline** (contact no. **0300 304 7000**) give help, information and emotional support for those affected by mental health illness, including friends, family and carers; they also offer a text-based service on request. Open from 4.30pm to 10.30pm daily.
- **Silver Line** (contact no. **0800 4708090**) are a 24-hour, confidential, free advice and support line for people aged 55 and over; they also provide dedicated, long-term 1:1 work through their Telephone Friends and Silver Letters services for people struggling with isolation or loneliness. For more information, please see their website at <https://www.thesilverline.org.uk/>.
- **Survivors of Bereavement by Suicide** (<https://uksobs.org/>; helpline no. **0300 111 5065**) provides support to those who have been bereaved by a suicide, and seek to help people understand, adjust and grieve by reducing feelings of isolation and vulnerability. Helpline open Monday-Friday 9am to 9pm; they also provide e-mail support via their website, and have local meetings available as well.
- **The Samaritans** (contact no. **116 123**) offer 24-hour, confidential emotional support service for anyone in distress or experiencing suicidal thoughts and feelings.