

Anxiety Related Organisations

Anxiety UK

Supports anyone with anxiety, phobias, panic attacks or other anxiety-related disorders.

03444 775 774 or text 07537 416 905

Anxiety Care UK

Provides a variety of services, helping people to recover from anxiety, through Recovery Groups, Workshops, Email, Counselling, E-Counselling and Outreach Services

No Panic

Support for sufferers of Panic Attacks, Phobias, Obsessive Compulsive Disorder, General Anxiety Disorder and Tranquilliser Withdrawal

OCD Action

For people with Obsessive Compulsive Disorder and related disorders such as Body Dysmorphic Disorder, Compulsive Skin Picking and Trichotillomania

OCD-UK

It aims to bring the facts about OCD to the UK public, and to support those who suffer from this often debilitating anxiety disorder

Triumph Over Phobia (TOP UK)

A UK registered charity which specialises in helping sufferers of phobias, obsessive compulsive disorder and other related anxiety disorders to overcome their fears. We do this by running a network of weekly, supported self-help groups which deliver a model of Behaviour Therapy.

No More Panic

This site provides valuable information for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD). Its purpose is to provide members with support, advice and a chance to meet like-minded people and make friends along the way. You should use the website information, Message Forum and Chat room alongside any care you are currently receiving from your physician.

Mood Related Organisations

Bipolar UK

The national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers.

CALM (Campaign Against Living Miserably)

A helpline for individuals who are suffering from depression and low self-esteem. It offers counselling, advice and information.

0800 58 58 58 (or London based callers can dial **0808 802 58 58**)

Bipolar Lift CIC

The organisation endeavours to improve the overall health and wellbeing of those individuals by providing both emotional and practical support, including talking therapy through one-to-one sessions or group therapy sessions, nature walks and excursions and support with personal finances.

Depression UK

Promotes mutual support between individuals affected by or at risk from depression, with the aim of encouraging self help, recovery and personal growth.

Students Against Depression

A website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

Self-Harm and Injury

Harmless

A passionate organisation who works to address and overcome issues related to self-harm and suicide

LifeSIGNS

LifeSIGNS provide information about self-injury and support people as and when they choose to make changes in their lives.

National Self Harm Network

A forum that provides support for individuals who self harm, and for families and carers that may be affected by self harm.

Recover Your Life

One of the biggest and best Self-Harm Support Communities on the internet.

Eating Disorders:

BEAT

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

First Steps ED

We work across the Midlands and further afield, providing care and support for children and their families, young people and adults affected by eating difficulties and disorders.

Alcohol Misuse

Alcoholics Anonymous

A free self-help group. Its “12 step” programme involves getting sober with the help of regular face-to-face and online support groups.

Al-Anon

Al-Anon is a free self-help “12 step” group for anyone whose life is or has been affected by someone else’s drinking.

Drinkline

A free confidential helpline for people worried about their own or someone else’s drinking.

National Association for Children of Alcoholics

National Association for Children of Alcoholics offers free confidential advice and information to everyone affected by a parent’s drinking including children, adults and professionals.

SMART Recovery UK

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Bereavement / Grief Support:

Cruse Bereavement

We help people through one of the most painful times in life – with bereavement support, information and campaigning.

Marie Curie Bereavement Support

If you want to talk to someone following a bereavement, we're here for you. Whether your bereavement was expected, happened recently or was some time ago, we can help. We can also support you before your loved one dies.

Sue Ryder

We support people who are living with a terminal illness, a neurological condition or who have lost someone – we are there when it matters.

Child Bereavement

Provides support for anyone who has lost a child, and for children themselves who are bereaved.

Stillbirth and Neonatal Death Charity (SANDS)

Provides information and support for anybody affected by the death of a baby.

Widowed and Young

Offers support to people under 50 who have lost a partner

The Good Grief Trust

to help all those affected by grief in the UK. Our vision is to help those bereaved from day one, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

Survivors of bereavement by suicide

We exist to meet the needs and break the isolation experienced by those bereaved by suicide. We are a self-help organisation and we aim to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other.

Support after murder and manslaughter

supporting those who have been bereaved by murder and manslaughter.

Grief Encounter

working with individuals, families and others to offer a way through the anxiety, fear and isolation so often caused by grief.

General Mental Health

Mental Health Foundation

We work towards good mental health for all; as everyone knows, prevention is better than cure. Everything we do is focused on protecting people's mental health.

Mental Health UK

With our local service delivery and national expertise in supporting people whose lives are affected by mental health problems, we have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability.

Rethink Mental Health

People with experience of mental illness, and those who care for them, are at the heart of everything we do. They shape our expert advice, information and training, and 90 services. They also drive our campaigning and help to run over 140 local support groups.

Supporting all this life-changing work are our incredible supporters, volunteers and staff members.

Mind

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

We won't give up until everyone experiencing a mental health problem gets support and respect.

Qwell

Offers online messaging, booked and drop in chats, therapeutic content, community support, personal development tools confidentially.

General Mental Health

Young Minds

We're the UK's leading charity fighting for children and young people's mental health.

We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

Ditch the Label

Here to help young people aged 12-25 navigate the issues affecting them the most; from mental health and bullying to identity and relationships.

DocReady

We know it can be difficult to talk about mental health and especially hard to talk to people or ask for help. We've put together some tools that will help you prepare for the first time you visit a doctor to discuss your mental health.

Get Connected

We are one of the largest providers of private rehabilitation, we treat drug and alcohol addictions along with process addictions like gambling, sex & love and eating disorders. We are constantly at the forefront of the latest addiction treatments and look forward to helping you onto your journey of recovery.

HeadMeds

If you are thinking about taking medication for your mental health, here is some general information which might help.

General Mental Health

Stress Management Society

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient and sustainable world.

Live Life to the Full

Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Our courses are free for individuals using them in their own lives.

Refuge

Advice on dealing with domestic violence.
Telephone: 0808 2000 247 (24-hour helpline)

With You

With You is a charity providing free, confidential support to people experiencing issues with drugs, alcohol or mental health.

Togetherall

Togetherall is aimed at the sixteen plus age group and will help to bridge between youth and adult services with appropriate mental wellbeing support. Trained and accredited professionals are available twenty-four hours a day, seven days a week, to support community members and there is a choice of safe therapeutic services including courses, self-assessments and wellbeing resources to improve your mental health.

General Mental Health

PANDAS

Gives support to people coping with pre- and postnatal mental illnesses, as well as their families, friends and carers

Combat Stress

Combat Stress is the UK's leading mental health charity for veterans. They provide free specialised clinical treatment and support to ex-servicemen and women across the UK with mental health conditions.

Abuse

Quetzal Project

Supports women who have experienced childhood sexual abuse

Jasmine House

Provides women with support who have experienced sexual violence

FreeVa

We aim to provide a simplified service, which can be accessed by anyone who has been affected by domestic abuse or sexual violence

Counselling

Leicester Counselling Centre

A registered charity and has been providing affordable, long-term counselling to adults in Leicester, Leicestershire and Rutland.

Vitaminds

VitaMinds works in partnership with the NHS to provide talking therapy services, known as IAPT and we can provide advice and guidance on the best options for you.

Zinthiya Trust

Registered charity offering support to women and families from disadvantaged backgrounds, providing advice on a wide range of issues, including for those who may have found their way into crime, sex work, long term unemployment or those that are homeless or victims of domestic violence or honour based violence.

My Wellbeing Solutions

My Solution Wellbeing Counselling is a wellbeing service based in Leicester and Nottingham. We have a trained team of counsellors who work with children and adults. We are a private counselling service who offer same day appointments with strictest confidentiality.

Rutland House Psychotherapy and Counselling

A private psychological therapies practice and training establishment. We treat Anxiety, Depression, Problematic Anger and Relationship Difficulties as part of our counselling and Psychotherapy services.

First Step

We provide free confidential services to male survivors of sexual abuse and their supporters living in the city of Leicester, Leicestershire and Rutland to enable survivors to make the "First Step" towards feeling less isolated through increased personal power to makes choices.

Leicester LBGTQ+ Centre

Affordable counselling providing a safe space to explore emotions and feelings without judgement.

Helplines

SaneLine Services

SaneLine aims to raise awareness of all mental health experiences. They aim to combat stigma relating to mental health and they fight to improve frontline services for all. Further, they aim to provide support, information and guidance in various ways including through their helpline 'SaneLine', email, ongoing support services, text care and online forums. SaneLine is available 365 days per year between the hours of 4pm-10pm.

Telephone – 0300 304 7000

CALM

Offer support by listening to anyone who needs to talk about life's problems through their helpline and webchat. They also support those bereaved by suicide. Their services are available from 5pm – midnight all year around.

Telephone – 0800 585858

Turning Point (Mental Health Central Access Point)

Turning Point provide a 24/7 crisis line where they can provide support. They also provide crisis houses for individuals who are feeling in crisis due to their mental wellbeing.

Telephone – 0808 800 3302

Samaritans

The Samaritans offer support by listening to people with suicidal thoughts, feelings, and plans. They can help through a difficult situation, help them make sense of what they are feeling and identify other forms of help. Their helpline below is open 24/7, 365 days a year.

Telephone – 116 123