

ME CONNECT Resources

Mental Health Support Signposting

- We understand that some individuals with ME will be living with mental health conditions and that debilitating effects of ME can have an adverse effect on mental health too. Therefore, we have created a dedicated mental health signposting list.
- In an emergency, call **999** if you are in the UK. If resources for your country are not available, please call emergency services or search for crisis support in the area you are in.
- For quick access to each individual section, you can hover over the section name in the Contents, and 'Ctrl + Click' to be taken to the correct section.
- To return to the top of the documents and contents page, click 'Ctrl' and the 'Home' button on your keyboard.

Contents

| | |
|---|---|
| Suicide Prevention and Crisis Support | 2 |
| Anxiety..... | 3 |
| Bipolar..... | 4 |
| Eating Disorders..... | 5 |
| OCD | 6 |
| Support with various Mental Health Conditions | 7 |

Suicide Prevention and Crisis Support

SAMARITANS

Link to Samaritans site

<https://www.samaritans.org/>

- Samaritans offer support to people who are suicidal or despairing.
- Available 24 hours per day, every day of the year.
- Email: jo@samaritans.org
- Tel: 116 123

CALM (Campaign Against Living Miserably)

Link to CALM site

<https://www.thecalmzone.net/>

- A suicide prevention charity on a mission to help people end their misery, not their lives.
- In particular, page on struggling with suicidal thoughts; <https://www.thecalmzone.net/feeling-suicidal>
- Helpline is open 5pm - midnight every day - [08 00 58 58 58](tel:0800585858), or live chat or WhatsApp available

PAPYRUS (Prevention of Young Suicide)

Link to Papyrus

<https://www.papyrus-uk.org/>

- PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional well-being in young people up to 35.
- You can call their Hopeline 24/7 on [0800 068 41 41](tel:08000684141)

Men's Minds Matter

Link to Mens Minds Matter

<https://www.mensmindsmatter.org/>

- A men's mental health, suicide intervention and prevention charity.
- They specialise in developing and delivering [psychological interventions](#) for individuals experiencing suicidal thoughts, while also advocating for and raising awareness about [male suicide](#).
- You can contact them via email on contact@mensmindsmatter.org

Shout

Link to Shout

<https://giveusashout.org/>

- Provides 24/7 Mental health support
- You can text them on [85258](tel:85258)

Anxiety

No Panic

Link to No Panic site

<https://nopanic.org.uk/>

- No Panic offers advice, support, mentoring and help for people living with phobias, OCD and any other anxiety-based disorders.
- Helpline: **0300 772 9844** – 10am-10pm – 7 days a week
- Email: info@nopanic.org.uk or youth@nopanic.org.uk

Anxiety UK

Link to Anxiety UK site

<https://www.anxietyuk.org.uk/>

- Anxiety UK promotes the relief and rehabilitation of persons living with agoraphobia and associated anxiety disorders, phobias and conditions, in particular, but not exclusively.
- 'TAUK' to us service - Ask Anxia[®] service (see button in right hand corner of website).

Bipolar

Bipolar UK

Link to Bipolar UK

<https://www.bipolaruk.org/>

<https://www.bipolaruk.org/understanding-bipolar>

- Bipolar UK is a national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of their work.
- If you need information or advice, you can call on **0333 323 3880**, leave a message and they will call you back. You can also email at info@bipolaruk.org

Eating Disorders

Beat Eating Disorders

Link to Beat Eating Disorders site

<https://www.beateatingdisorders.org.uk/>

Link to Beat Helplines

<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/>

- UK eating disorder charity with a mission is to end the pain and suffering caused by eating disorders.

OCD

OCD UK

Link to OCD UK

<https://www.ocduk.org/>

- Provides advice, information, and support services for those affected by OCD, and campaign to end the trivialisation and stigma of OCD.
- Tel [01332 588112](tel:01332588112) (available 10am-2pm)

Support with various Mental Health Conditions

MIND

Link to Mind site

<https://www.mind.org.uk/>

- Information and support for mental health issues
- Support Line: **0300 102 1234** – open 9am to 6pm, Monday to Friday (except bank holidays)
- Welfare benefits line: **0300 222 5782** – open 9am to 5pm, Monday to Friday (except bank holidays)
- Legal line: **0300 466 6463** - open 9am to 6pm, Monday to Friday (except for bank holidays)
- Infoline: **0300 123 3393** - open 9am to 6pm, Monday to Friday (except for bank holidays)
- Email: info@mind.org.uk

SANE

Link to Sane site

<https://www.sane.org.uk/>

- An independent mental health charity aiming to raise awareness, improve services and provide emotional support.
- Email: support@sane.org.uk
- Tel: **0300 304 7000**

