

Confidential support services



Remember, you are not alone.

Samaritans: 116 123

The Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. 24/7 support for people who are in despair or suicidal.

National Counselling Society: www.nationalcounsellingsociety.org/find-counsellor

As a Mates in Mind Supporter, your organisation has access to The National Counselling Society (NCS). The NCS deliver a free assessment and up to 8 counselling sessions at a fixed rate of £30 per session for all Mates in Mind Supporters.

To find a counsellor that is partnered with Mates in Mind, please go to the NCS website, search the location you need and then refine your search by selecting the drop down list “Charities we work with” and select Mates in Mind. This will populate a list of counsellors who work with us.

Construction Industry Helpline: 0345 605 1956

Provided by the Lighthouse Construction Industry Charity and supported by the Considerate Constructors Scheme, the helpline advises on a range of matters including occupational health and wellbeing, support and advice for people with stress, and home worries such as divorce, tax and financial concerns. The services can also provide emergency financial aid to the construction community in times of crisis.

Mind Infoline: 0300 123 3393 (or text 86463)

The team at the leading mental health charity Mind can provide information on a range of topics including types of mental health problem, where to get help, medication and alternative treatments.

Campaign Against Living Miserably (CALM): 0800 58 58 58

CALM provide a helpline for men in the UK who are down or have hit a wall, who need to talk or find information and support. The helpline is open 5pm–midnight, 365 days a year. They also offer a webchat service between the same hours.

Prevention of Young Suicide (Papyrus): 0800 068 41 41

Papyrus provide confidential help and advice to young people and anyone worried about a young person. Their HOPELineUK service is staffed by trained professionals who give non-judgemental support, practical advice and information to; children, teenagers and people up to the age of 35. They can be contacted on 0800 068 41 41, by email: pat@papyrus-uk.org or SMS 07786 209697

The Silver Line: 0800 4 70 80 90

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Workplace mental health support service: 0300 4568114

Provided by Remploy, in partnership with Access to Work, WMHSS offers a free and confidential support service to help you remain in your job when it is being affected by stress, anxiety, depression or other mental health issue (whether diagnosed or not). If you are finding work difficult or you are absent from work their advisors will help you make a wellbeing plan and support you with workplace adjustments, including how to get support from your employer.

