



The
Laura Hyde
Foundation

Caring for those who care about us

Support Helplines

The Laura Hyde Foundation are in the process of creating our own helpline that will be dedicated to helping emergency services and healthcare workers. This will be staffed by specialist and experienced individuals who will be able to provide you with the bespoke advice and guidance needed. We hope to launch this service later this year and make it publicly available as part of our ongoing commitment to championing mental health support for first responders and medical professionals.

Helplines:

GENERAL HELPLINES:

SAMARITANS

T: 116 123

They also have a Welsh language line
(0808 164 1023)

E: jo@samaritans.org

MIND

Mind Infoline:
0300 123 3393

Legal line:
0300 466 6463

Blue Light Infoline:
0300 303 5999

These lines are open 9am to 6pm,
Monday to Friday (except for bank holidays)

Text: 86463

E: info@mind.org.uk
bluelightinfo@mind.org.uk

SHOUT

Text: 85258

SANE / SANELINE

T: 0300 304 700

ANXIETY UK

Open Monday to Friday, 9.30am to 5.30pm.

T: 03444 775 774

NO PANIC

T: 0844 967 4848

(daily, 10am to 10pm)

W: nopanics.org.uk

CRUSE BEREAVEMENT CARE

Open Monday to Friday, 9am to 5pm.

T: 0844 477 9400

W: crusebereavementcare.org.uk

REFUGE

T: 0808 2000 247

W: refuge.org.uk

VICTIM SUPPORT

T: 0808 168 9111

W: victimsupport.org

FOR DOCTORS AND NURSES

W: dsn.org.uk/support-for-doctors

CAVELL NURSES TRUST

T: 01527 595 999

W: [cavellnursestrust.org/
contact-us](http://cavellnursestrust.org/contact-us)

FOR YOUNG MEN

CALM

T: (Nationwide): 0800 58 58 58

W: thecalmzone.net

FOR WALES

C.A.L.L.

T: 0800 132 737

Text "help" followed by the information
you require to 81066 to access support
and information to your mobile. You only
pay for the original text message to C.A.L.L.

FOR NORTHERN IRELAND

LIFELINE

Available 24 hours a day, seven days a week
to listen and help confidentially.

T: 0808 808 8000

FOR SCOTLAND

BREATHING SPACE

Open 24 hours at weekends (6pm Friday
to 6am Monday) and from 6pm to 2am on
weekdays (Monday to Thursday).

T: 0800 83 85 87

FOR UNDER 25's

THE MIX

Phones are open every evening from 4pm
to 11pm, and you can also webchat them
at these times.

T: 0808 808 4994

FOR ADDICTION

ALCOHOLICS ANONYMOUS

A 24-hour helpline as well
as regular meetings.

T: 0845 769 7555

W: alcoholics-anonymous.org.uk

GAMCARE

A 24 hour freephone as well
as live chat support service.

T: 0808 8020 133

W: gamcare.org.uk

NARCOTICS ANONYMOUS

Helpline open daily from 10am
until midnight.

T: 0300 999 1212

W: ukna.org

laurahydefoundation.org

#caringforthosewhocareaboutus Registered charity number 5118624

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www.justgiving.com/crowdfunding/laurahydefoundation

thelaurahydefoundation@gmail.com