***General Listening Lines and Support***

**Leicestershire Helpline**

If you're an adult and live in Leicestershire, mental health crisis support is available: telephone the free helpline: **0808 800 3302, 24** hours a day. Your call is confidential.

* [**SANEline**](http://www.sane.org.uk/what_we_do/support/helpline) offers support and information from 4.30pm–10.30pm: 0300 304 7000.
* [**Mind**](https://www.mind.org.uk/?gclid=EAIaIQobChMI__2_xvKY2wIV2ZTVCh2BkQzdEAAYASAAEgJ8wfD_BwE)offers advice Mon-Fri, 9am-6pm except bank holidays: 0300 123 3393
* Or email: [info@mind.org.uk](mailto:info@mind.org.uk)

**CALM** [Campaign Against Living Miserably](https://www.thecalmzone.net/)  is a line for men, and is open from 5pm–midnight: 0800 58 58 58. [www.thecalmzone.net](https://www.thecalmzone.net/)

[**Switchboard**](https://switchboard.lgbt/) is a line for LGBT+ support. Open from 10am–10pm: 0300 330 0630.

* You can email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) Or chat online [here](https://switchboard.lgbt/help/).
* [**The Silver Line**](https://www.thesilverline.org.uk/) is a line, open 24/7, for those over the age of 55: 0800 4708 090.
* [**Childline**](https://www.childline.org.uk/) a confidential line for children to call if they need help or advice about any topic: 0800 1111. You can also access 1-2-1 counselling [here](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/).
* [**Anxiety UK**](https://www.anxietyuk.org.uk/) is a charity working to relieve and support those living with anxiety by offering information, support and understanding.
* Call their infoline Mon-Fri 9.30am - 5.30pm: 03444 775 774. Or text: 07537 416 905.
* [**No Panic**](https://www.nopanic.org.uk/) offers support and information for those who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.
  + Call their helpline, open everyday 10.00am - 10.00pm. NOTE: calls cost 5p a minute + your access charge: 0844 967 4848.
  + Youth Helpline (13-20 year-olds), open everyday 10.00am - 10.00pm: 0330 606 1174. [www.nopanic.org.uk](https://www.nopanic.org.uk/)

Anna Freud National Centre for Children and Families-[www.annafreud.org](http://www.annafreud.org)

 Papyrus UK-For the prevention of young suicide.  
0800 0684141  
[www.papyrus-uk.org](https://www.papyrus-uk.org/)

Samaritans Emotional support (all ages). [www.samaritans.org](http://www.samaritans.org)

* Local line - 0116 2700 007 - (local call charges apply)
* National help line: 116 123 - (this number is free of charge)

Young Minds Charity championing the wellbeing and mental health of young people. - [www.youngminds.org.uk](https://youngminds.org.uk/)

Kooth - Free, safe and anonymous online support for young people

<https://www.kooth.com/>



Family Action - Supporting adult family members via telephone, text, email and web chat

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

**Focusline** Telephone Helpline: 0800 0272127 open 5pm – 1am TEXT: 07537 404 695