

SUPPORT DIRECTORY

(March 2026)

Urgent Support (Crisis or Safety Risk)

(Use where there is immediate risk, acute distress or safeguarding concern)

Organisation	Primary Service	Referral Type	Contact Details
Emergency Services	Immediate response for life or safety risk	N/A	999
NHS Mental Health	Urgent triage & referral to local MH crisis teams	N/A	111 (option 2)
SHOUT	24/7 text-based support for emotional distress	Self-referral	Text SHOUT to 85258

National Drug & Alcohol Helplines

Organisation	Primary Service	Referral Type	Contact Details
FRANK	Drug info, referral to local support services	Self-referral	0300 123 6600 / Text 82111
Drinkline	Alcohol advice and self-help	Self-referral	0300 123 1110
Addaction / We Are With You	UK charity offering drug & alcohol support	Self-referral	020 7251 5860
Release	Drug advice & legal info	Self-referral	020 7324 2989
DAN 24/7	National drug & alcohol support service (Wales)	Self-referral	0808 808 2234
Know the Score	Drug & alcohol advice and harm reduction	Self-referral	www.knowthescore.info
Inspire (NI)	Addiction, mental health & wellbeing support	Self-referral	028 9035 2222
Alcohol Change UK	Info & support around alcohol use and reduction	Self-referral	alcoholchange.org.uk

National Mental Health Helplines & Support

Organisation	Primary Service	Referral Type	Contact Details
Samaritans	General emotional support 24/7	Self-referral	116 123
Mind	Advice, sign-posting, information	Self-referral	0300 123 3393
Rethink Mental Illness	Support & advocacy for severe mental illness	Self-referral	0300 5000 927
SANE	Emotional support, information, carer support	Self-referral	0300 304 7000
CALM (Campaign Against Living Miserably)	Support for male suicide prevention	Self-referral	0800 58 58 58
HOPELINEUK (PAPYRUS UK)	Suicide prevention for under-35s	Self-referral	0800 068 4141
The Mix	Mental health & wellbeing support for under-25s	Self-referral	0808 808 4994
National Suicide Prevention Helpline UK	Supportive listening for suicidal thoughts	Self-referral	0800 689 5652

Mental Health & Condition-Specific Organisations

Organisation	Primary Service	Referral Type	Contact Details
Anxiety UK	Support for anxiety disorders, referral & self-help guidance	Self-referral	www.anxietyuk.org.uk
Bipolar UK	Bipolar support & peer groups, education & coping strategies	Self-referral	www.bipolaruk.org
OCD Action / OCD-UK	Obsessive-compulsive disorder support	Self-referral	www.ocdaction.org.uk
No Panic	Support for anxiety & panic disorders	Self-referral	0300 772 9844
The Autism Directory	Autism resources & sign-posting	Self-referral	www.theautismdirectory.com
Dimensions UK	Support for learning disabilities & autism	Self-referral	www.dimensions-uk.org
Combat Stress	PTSD support for veterans	Self-referral / GP	0800 138 1619
NHS Mental Health Services/CMHTs	CMHTs Early Intervention in Psychosis	GP referral	www.nhs.uk/service-search

Mutual Aid & Peer Support

Organisation	Primary Service	Referral Type	Contact Details
Alcoholics Anonymous (AA)	Peer support recovery groups for alcohol problems	Self-referral	0800 9177 650
Narcotics Anonymous (NA)	Peer support for drug recovery	Self-referral	0300 999 1212
Cocaine Anonymous (CA)	Support groups for cocaine and stimulant addiction	Self-referral	0800 612 0225
SMART Recovery UK	Evidence-based mutual aid group	Self-referral	www.smartrecovery.org.uk
Gamblers Anonymous	Peer support for gambling addiction	Self-referral	0330 094 0322
Sex & Love Addicts Anonymous (SLAA)	Peer support for compulsive behaviours	Self-referral	www.slaauk.org
Sex Addicts Anonymous (SAA)	12-step support for sexual behaviour concerns	Self-referral	www.saa-recovery.org
NHS local CAMHS / psychology services	For gaming, internet, behavioural addiction referrals	GP referral	www.nhs.uk/service-search
Marijuana Anonymous	Help for anyone worried about cannabis use	Self-referral	0300 124 0373

Gambling Support

Organisation	Primary Service	Referral Type	Contact Details
GAMCARE	National gambling helpline & online support	Self-referral	0808 8020 133
National Problem Gambling Clinic	Specialist NHS gambling treatment	GP referral	020 7381 7722
Breakeven	Free counselling and support for problem gambling	Self-referral	01273 833 722

Service Finders / Referral Tools

Organisation	Primary Service	Referral Type	Contact Details
Hub of Hope	UK-wide searchable MH & addiction directory	Self-referral	hubofhope.co.uk

Eating Disorders / Food Addiction

Organisation	Primary Service	Referral Type	Contact Details
Beat Eating Disorders	National support, helplines & peer groups	Self-referral	0808 801 0677
Anorexia & Bulimia Care	Specialist eating disorder support	Self-referral	0300 11 12 13

Family & Carer Support

Organisation	Primary Service	Referral Type	Contact Details
Adfam	Support for families affected by substance misuse	Self-referral	www.adfam.org.uk
DrugFam	Carer support and information	Self-referral	0300 888 3853
Families Anonymous UK	Family peer support groups	Self-referral	020 7498 4680
Al-Anon UK	Support for families/friends of people with drinking problems	Self-referral	0800 0086 811
NACOA	Support for children of alcoholic parents	Self-referral	0800 358 3456

Youth & Young People

Organisation	Primary Service	Referral Type	Contact Details
YoungMinds	Mental health & addiction support for young people	Self-referral	0808 802 5544
NHS CAMHS	Substance misuse & behavioural addiction under 18	GP referral	
The Prince's Trust	Recovery-friendly education & employment pathways	Self-referral	www.princes-trust.org.uk
Papyrus	Suicide prevention for young people (10-35)	Self-referral	0800 068 4141
Childline	Support for children & adolescents (Under 19's)	Self-referral	0800 1111

Harm Reduction & Medication Support

Organisation	Primary Service	Referral Type	Contact Details
Needle & Syringe Programmes (NSP)	BBV prevention, safer injecting	Self-referral	www.nhs.uk
Opioid Substitution Therapy (OST)	Methadone & buprenorphine prescribing	GP referral	www.nhs.uk
Exchange Supplies	Harm reduction & clinical supplies	Self-referral	www.exchangesupplies.org

Treatment & Recovery Organisations

Organisation	Primary Service	Referral Type	Contact Details
Change Grow Live (CGL)	NHS-commissioned drug & alcohol treatment with harm reduction & recovery services	Both	www.changegrowlive.org
Phoenix Futures	Residential & community-based treatment options	Both	020 7234 9740
Action on Addiction	Specialist addiction treatment & recovery programmes	Both	0300 330 0659
Turning Point	Integrated substance misuse & mental health support	Both	www.turning-point.co.uk
Forward Trust	Integrated substance misuse, MH & reintegration services	Both	www.forwardtrust.org.uk

Aftercare, Housing & Social Recovery

Organisation	Primary Service	Referral Type	Contact Details
St Mungo's	Homelessness & addiction support	Both	www.mungos.org
Providence Projects	Secondary care & sober living	Self-referral	www.providenceprojects.org
Local Authority Recovery Housing	Supported accommodation pathways	Local Council	www.gov.uk
Working Chance	Employment support for women in recovery	Self-referral	www.workingchance.org

Debt Support

Organisation	Primary Service	Referral Type	Contact Details
Citizens Advice – Debt Advice	Free, confidential advice about debt and money	Both	www.citizensadvice.org.uk/debt-and-money/
StepChange	Debt charity providing free expert advice.	Both	www.stepchange.org
MoneyHelper – Debt Advice Locator	finding free, local, debt advice services	Local Council	www.moneyadviceservice.org.uk
National Debtline	Free, independent and confidential debt advice	Self-referral	www.nationaldebtline.org
Debtors Anonymous	Fellowship for people struggling with debt	Self-referral	debtorsanonymous.org

LGBTQ+ Support

Organisation	Primary Service	Referral Type	Contact Details
Switchboard LGBT+ Helpline	Listening service for the LGBTQ+ community	Self-referral	www.switchboard.lgbt

Trauma and Abuse Support

Organisation	Primary Service	Referral Type	Contact Details
NAPAC	Support for adult survivors of childhood abuse	Self-referral	napac.org.uk

Bereavement Support

Organisation	Primary Service	Referral Type	Contact Details
Bereavement Trust	Free helpline offering support to the bereaved	Self-referral	www.bereavement-trust.org.uk
Cruse Bereavement Support	Support and counselling for grief and loss	Both	www.cruse.org.uk