

HWB HELP

HWB HUB – CALL OR CLICK - GET HELP

**CALL OR CLICK
GET HELP RIGHT AWAY**



YOU ARE NOT ALONE



PANIC ATTACKS

HWB HUB – CALL OR CLICK - GET HELP

REMEMBER ABCD

- A** Assure yourself that this attack will pass
- B** Breathe slowly and deeply
- C** Connect with your surroundings. What can you see, touch, taste, smell and hear?
- D** Distract your thoughts. Go to your happy place.

NO PANIC

www.nopanic.org.uk

Helpline: 0300 7739844

ANXIETY UK

www.anxietyuk.org.uk

Helpline: 03444 775 774

Text: 07537 416 905

YOUNG MINDS

www.youngminds.org.uk

For urgent help text YM to 85258



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LGBT+

HWB HUB – CALL OR CLICK - GET HELP

Call or click for help, support and advice

LGBT HEALTH

www.lgbthealth.org.uk

Helpline: 0300 123 2523

Email: helpline@lgbthealth.org.uk

LGBT FOUNDATION

www.lgbt.foundation/helpline

Helpline: 0345 3 30 30 30

Email: helpline@lgbt.foundation

STONEWALL

www.stonewall.org.uk

Helpline: 0800 050 2020

EDUCATION ACTION CHALLENGING

HOMOPHOIA

www.each.education

Helpline to report bullying: 0808 1000 143

MINDLINE TRANS+

www.mindlinetrans.org.uk

Helpline: 0300 330 5468

BREATHING SPACE

www.beathingspace.scot

Helpline: 0800 83 85 87



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GRIEF AND BEREAVEMENT

HWB HUB – CALL OR CLICK - GET HELP

Call or click for help, support and advice

CRUISE www.cruise.org.uk

Helpline: 0808 808 1677

CHILD BEREAVEMENT UK www.childbereavementuk.org

Helpline: 0800 02 888 40

GR'EF ENCOUNTER www.griefencounter.org.uk

Helpline: 0808 802 0111

Email: griefftalk@griefencounter.org.uk

CHILDLINE www.childline.org.uk

Helpline: 0800 11 11

SAMARITANS www.samaritans.org

Helpline: 116 123



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OCD

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Call or click for help, support and advice

OCD ACTION www.ocdaction.org.uk

Helpline: 0845 390 6232

Email: support@ocdaction.org.uk

OCD UK www.ocduk.org

Helpline: 01332 588112

Email: support@ocduk.org

NO PANIC www.nopanic.org.uk

Helpline: 0300 7739844

Email: info@nopanic.org.uk

YOUNG MINDS www.youngminds.org.uk

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CHILDLINE www.childline.org.uk

Helpline: 0800 11 11



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CHILD ABUSE

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NATIONAL DOMESTIC ABUSE

www.nationaldahelpline.co.uk

Helpline: 0808 2000 247

NSPCC

www.nspcc.org.uk

Helpline: 0808 800 5000

Email: help@nspcc.org.uk

VICTIM SUPPORT SCOTLAND

www.victimsupport.scot

Helpline: 0800 160 1985

CHILDLINE

www.childline.org.uk

Helpline: 0800 11 11

SAMARITANS

www.samaritans.org

Helpline: 116 123



BULLYING

HWB HUB – CALL OR CLICK - GET HELP

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BULLYING UK

www.bullying.co.uk

Helpline: 0808 800 2222

Email: askus@familylives.org.uk

CHILDLINE

www.childline.org.uk

Helpline: 0800 11 11

NATIONAL BULLYING HELPLINE

www.nationalbullyinghelpline.co.uk

Helpline: 0300 323 0169

YOUNG MINDS

www.youngminds.org.uk

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SAMARITANS

www.samaritans.org

Helpline: 116 123



SUICIDE SUPPORT

DRUG & ALCOHOL ABUSE

HWB HUB – CALL OR CLICK - GET HELP

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PAPYRUS www.papyrus-uk.org

Helpline: 0800 086 4141

Email: pat@papyrus-uk.org

SOS SILENCE OF SUICIDE www.sossilenceofsuicide.org

Helpline: 0300 1020 505

CALM www.thecalmzone.net

Helpline: 0800 585858

SAMARITANS www.samaritans.org

Helpline: 116 123

Email: jo@samaritans.org

YOUNG MINDS www.youngminds.org.uk

For urgent help text YM to 85258

CHILDLINE www.childline.org.uk

Helpline: 0800 11 11

HWB HUB – CALL OR CLICK - GET HELP

Call or click for help, support and advice

FRANK (drugs) www.talktofrank.com

Helpline: 0300 123 6600

Text 82111

KNOW THE SCORE (drugs) www.knowthescore.info

Helpline: 0800 587 5879

Drug FAM (drugs) www.drugfam.co.uk

Helpline: 0800 888 3853

DRINKLINE (alcohol)

0300 123 1110

AA (alcohol) www.alcohols-anonymous.org.uk

Helpline: 0800 9177650

Email: help@aamail.org

AL-ANON (alcohol) www.al-anonuk.org.uk

(for families and friends)

Helpline: 0800 0086 811



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EATING DISORDERS

ANXIETY, STRESS OR DEPRESSION

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BEAT EATING DISORDERS

www.beateatingdisorders.org.uk

Helpline: 0808 801 0711

Email: fyp@beateatingdisorders.org.uk

YOUNG MINDS

www.youngminds.org.uk

For urgent help text YM to 85258

THE MIX

www.themix.org.uk

Helpline: 0908 808 4994

EATING DISORDERS SUPPORT

www.eatingdisorderssupport.co.uk

Helpline: 01494 793223

Email: support@eatingdisorderssupport.co.uk

CHILDLINE

www.childline.org.uk

Helpline: 0800 11 11

SAMARITANS

www.samaritans.org

Helpline: 116 123

Email: jo@samaritans.org

ANOREXIA AND BULIMIA CARE

www.anorexiabulimiacare.org.uk

Helpline: 03000 11 12 13

Email: support@anorexiabulimiacare.org.uk

BREATHING SPACE

www.beathingspace.scot

Helpline: 0800 83 85 87

SAMH

www.samh.org.uk

Helpline: 0344 800 0550

Email: info@samh.org.uk



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