

Mental Health Support - Helplines

Film & TV Charity

The Film & Television Charity provides advice, support and financial assistance to people who work or have worked in the Film and TV industry in the UK.

We offer support to individuals and families working in the industry or who have previously worked in Film, TV and cinema exhibition, when facing personal and career challenges.

These challenges may include:

- Health issues
- Injury and mobility problems
- Unemployment
- Redundancy and career issues
- Personal and mental health issues
- Retirement and care in later life
- Debt and financial issues

<https://filmtvcharity.org.uk/your-situation/health-issues/>

ArtsMinds

ArtsMinds is a collaboration between BAPAM, Equity, The Stage and Spotlight – four entertainment industry organisations that between us reach thousands and thousands of performers and creative practitioners working across all art forms. The trigger for the project came with a series of suicides from within our community which resulted in a call for some kind of action. The four of us came together to consider how we might support people in our creative industries who are dealing with emotional stress and mental health challenges and the result is this resource hub. We also hope ArtsMinds will encourage more people to talk about their situations and go some way to help raise awareness

<http://www.artsminds.co.uk/>

Mental health for creative freelancers

A practical, relatable guide to surviving the ups and downs of freelancing in the culture sector.

Download it from <https://www2.societyofauthors.org/2022/11/12/visually-stunning-comic-launched-to-help-creative-freelancers-with-their-mental-health/>

Anxiety UK

Charity providing support if you've been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Mon-Fri, 9.30am-5.30pm)

Website: www.anxietyuk.org.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15-35.

Website: www.thecalmzone.net

Depression Alliance

Charity for sufferers of depression. Has a network of self-help groups.

Website: www.depressionalliance.org

Heads Together

<https://www.headstogether.org.uk/about/>

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

Website: www.mind.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 967 4848 (daily, 10am-10pm)

Website: www.nopanic.org.uk

OCD Action

Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources.

Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm)

Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0845 120 3778 (Mon-Fri, 9am-5pm)

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm. Weekends 2-5pm)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30-10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: <http://www.sane.org.uk/textcare>

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Time to Change

<https://www.time-to-change.org.uk/about-mental-health>

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)

Website: www.youngminds.org.uk