

## Mental Health and Support Services Information

BABCP is a membership organisation for those practising, researching or otherwise interested in behavioural and cognitive psychotherapies. We do not offer a therapy or counselling service. The staff based in our head office are not able to provide individual or emergency support for people in crisis. If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

### CBT Register UK

BABCP provides accreditation to those who practise CBT in the NHS and privately. It is widely recognised by health and social care employers, training institutions and health insurance companies. BABCP believes that accreditation is important in protecting the public and raising the quality of CBT. Details of BABCP accredited CBT therapists can be found online.

**Website:** [www.cbtregisteruk.com](http://www.cbtregisteruk.com)

As BABCP is not responsible for the advice provided by third party organisations, the following information is provided for signposting purposes only:

### Samaritans

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Telephone:** 08457 90 90 90 (24 hours a day)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org](http://www.samaritans.org)

### Mind Infoline

Mind provides confidential mental health information services. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

**Telephone:** 0300 123 3393 (9am-5pm Monday to Friday)

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website:** [www.mind.org.uk/help/advice\\_lines](http://www.mind.org.uk/help/advice_lines)

### **Rethink Mental Illness Advice Line**

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

**Telephone:** 0300 5000 927 (10am-2pm Monday to Friday)

**Email:** info@rethink.org

**Website:** www.rethink.org/about-us/our-mental-health-advice

### **Saneline**

National mental health helpline providing information and support to people with mental health problems and those who support them.

Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what\_we\_do/support/helpline

### **ChildLine**

Private and confidential service for children and young people up to the age of nineteen.

**Telephone:** 0800 1111

**Email:** www.childline.org.uk/Talk/Pages/Email.aspx

**Website:** www.childline.org.uk

### **CALM (for males)**

The Campaign Against Living Miserably (CALM) is leading a movement against male suicide.

**Telephone:** 0800 58 58 58

**Webchat:** www.thecalmzone.net (5pm to midnight)

**Website:** www.thecalmlzone.net

### **PAPYRUS**

PAPYRUS is the national UK charity dedicated to the prevention of young suicide.

**Telephone:** 0800 068 41 41

(Mon-Fri: 10am-10pm, Weekend: 2pm-10pm, bank holidays: 2pm-5pm).

**Text:** 07786 209697

**Website:** www.papyrus-uk.org

### **Silverline**

Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

**Telephone:** 0800 470 8090

**Website:** www.thesilverline.org.uk