

Stronger Together: An Overview of UK-Based Mental Health Organizations & How They Help

Free Self-Help Info & Resources

Action for Happiness, Alzheimer's Society, Anna Freud Centre, Anxiety UK, Beat Eating Disorders, Best Beginnings, Bipolar UK, CALM, Childline, Education Support, Kooth, Marmalade Trust, Maternal Mental Health Alliance, Mental Health Foundation, Mental Health UK, Mind, Minds Ahead, No Panic, OCD UK, Our Time, Papyrus, Place2be, Relate, Samaritans, Sane, Shout, Stem4, [The Lily-Jo Project](#), The Mix, UMHAN, Young Minds

Campaigning & Advocacy

Alzheimer's Society, Bipolar UK, Centre for Mental Health, Marmalade Trust, Maternal Mental Health Alliance, Mental Health Foundation, Mind, Papyrus, Place2be, Rethink Mental Illness, Samaritans, Sane, Stem4, [The Lily-Jo Project](#), Young Minds, Best Beginnings

Research & Insights

Alzheimer's Society, Anna Freud Centre, Anxiety UK, Best Beginnings, Bipolar UK, Centre for Mental Health, Education Support, Maternal Mental Health Alliance, Mental Health Foundation, Mental Health UK, Mind, Minds Ahead, MQ Mental Health Research, Samaritans, Sane, Shout, Stem4, [The Lily-Jo Project](#), The Mix, Young Minds

Training & Staff Development

Action for Happiness, Alzheimer's Society, Anna Freud Centre, Anxiety UK, Bipolar UK, Centre for Mental Health, Education Support, Marmalade Trust, Mental Health Foundation, Mental Health UK, Mind, Minds Ahead, OCD UK, Our Time, Papyrus, Place2be, Samaritans, Shout, Stem4, Young Minds

Live Assemblies & Workshops

Mental Health UK, Our Time, Stem4, [The Lily-Jo Project](#)

Curriculum & Lesson Plans

Action for Happiness, Marmalade Trust, Mental Health Foundation, Mental Health UK, Our Time, Stem4, [The Lily-Jo Project](#)

Text/Phone/IM Hotlines

Alzheimer's Society, Anxiety UK, Beat Eating Disorders, Best Beginnings, CALM, Education Support, Kooth, Mind, No Panic, OCD UK, Papyrus, Rethink Mental Illness, Samaritans, Sane, Shout, The Mix, Young Minds

Group Support & Counselling

Action for Happiness, Alzheimer's Society, Anxiety UK, Beat Eating Disorders, Bipolar UK, Childline, Mental Health UK, Mind, No Panic, OCD UK, Place2be, Relate, Rethink Mental Illness, The Mix

1-1 Support & Counselling

Alzheimer's Society, Anxiety UK, Beat Eating Disorders, Childline, Mind, No Panic, Place2be, Relate, Samaritans, The Mix

Directory

Resources and services available specifically for schools noted with a 



Action for Happiness

Charity promoting kindness and happiness through online resources, toolkits, and lesson plans.

Alzheimer's Society

Charity offering flexible support services and expert guidance for individuals struggling with dementia.



Anna Freud Centre

Charity dedicated to supporting the mental health of children and young people through research, clinical practice, workforce training, and policy development.



Anxiety UK

Charity supporting those affected by anxiety, stress and anxiety-based depression through therapy, helplines, courses, and research.



Beat Eating Disorders

Charity devoted to ending the suffering caused by eating disorders through 24/7 hotline support, campaigning, research, and staff training.

Best Beginnings

Charity offering targeted support and education for new and expectant parents of all ages.

Bipolar UK

Charity offering resources and peer support services for individuals with bipolar disorder.

Campaign Against Living Miserably (CALM)

Charity dedicated to suicide prevention through helpline support, campaigning, and community engagement. Geared for ages 15+.

Centre for Mental Health

Charity dedicated to eradicating mental health inequalities and fighting injustice by changing policy and practice.

Childline (NSPCC)

Charity helping anyone under 19 in the UK with any issue, offering 24/7 free and confidential email, phone, and chat support. Childline's website also has information, self-help tools and peer-to-peer messaging boards. *Over 12's, please visit www.childline.org.uk. Under 12's please visit www.childline.org.uk/kids.*



Education Support

Charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges, and universities. *Please note that support is only available to teachers and staff, not students.*

Kooth

Kooth is a public limited company dedicated to developing and delivering digital mental health products for young people, adults, and businesses.

Marmalade Trust

Charity devoted to reducing the stigma of loneliness by helping individuals understand that loneliness is not a mental health condition, but a natural human emotion.

Maternal Mental Health Alliance

Charity dedicated to ensuring all women and families affected by perinatal mental problems have access to high-quality comprehensive care and support.



Mental Health Foundation

Charity dedicated to taking a public mental health approach to prevention through community and peer programmes, research, public engagement, and advocacy.

Mental Health UK

Charity dedicated to delivering both national and local services that enable people to understand and manage their mental health. Mental Health UK provides support and services for some of the biggest societal challenges that pose a threat to people's mental health.



Mind

Charity devoted to providing mental health advice and support through self-help resources, local networks, and training programmes.



Minds Ahead

Community Interest Company dedicated to improving mental health in education by providing consulting services and specialist qualifications.

MQ Mental Health Research

Charity focused on championing and funding world-class research to transform the lives of everyone affected by a mental health condition.

No Panic

Charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. No Panic also provides support for the carers of people who suffer from anxiety disorders.

OCD UK

Charity dedicated to providing advice, information, and support services for those affected by OCD, and campaigning to end the trivialisation and stigma of OCD.

Our Time

Charity supporting children who have a parent or guardian with a mental illness.

Papyrus

Charity dedicated to the prevention of young suicide and the promotion of positive mental health and emotional wellbeing in young people.

**Place2be**

Charity providing mental health support in schools through one-to-one and group counselling as well as expert training and professional qualifications. *Please note that certain services are only available for Place2Be partner schools.*

Relate

Charity providing relationship support through counselling, training, workshops, and self-help resources.

**Rethink Mental
Illness**

Charity providing high-quality care and support to individuals ages 18-65 severely affected by mental illness and those caring for individuals with mental illness.

Samaritans

Charity focused on suicide prevention by offering listening and support services to individuals and communities.

Sane

Charity dedicated to improving the quality of life for anyone affected by mental illness through helpline support, digital resources, and community engagement.

Shout

Charity offering 24/7 text messaging support for anyone struggling to cope with their mental health.

**Stem4**

Charity promoting positive mental health in teenagers and those who support them through education programming, apps, digital resources, and conferences.

**The Lily-Jo
Project**

Community Interest Company devoted to eliminating the stigma of mental health by providing online resources, school curriculum, and live workshops/assemblies.

The Mix

Charity providing digital and phone services for young people under the age of 25.



UMHAN

Charity providing an information-sharing network for mental health specialists working in Higher Education. UMHAN also provides guidance for students with long term mental health conditions about support available at Universities.

Young Minds

Charity devoted to preventing young people's mental health from reaching a crisis point through self-help resources, training, consultancy, and campaigning.

Please note that this is not an exhaustive list of all the mental health organisations currently active in the UK. If you know of an organisation that should be mentioned in this list but is not, please reach out to us at admin@thelilyjoproject.com.