[ACT. Action Counters Terrorism](https://actearly.uk/" \t "_top)

ACT. Action Counters Terrorism logo

Is someone close becoming a stranger? It can be hard to know what to do if you are worried someone close is expressing extreme views or hatred, which could lead to them harming themselves or others. Working with other organisations, the police protect vulnerable people from being exploited by extremists through a Home Office programme called Prevent. Act early and tell us your concerns in confidence. You won't be wasting our time and you won't ruin lives, but you might save them.

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| Helpline Telephone Number: | 0800 011 3764 |

[Association for Post Natal Illness](https://apni.org/" \t "_top)



Provides support to mothers suffering from post-natal illness. Increase public awareness of the illness. Encourages research into its cause and nature

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| Telephone Number: | 020 7386 0868 |

[Birth Trauma Association](https://birthtraumaassociation.org.uk/" \t "_top)



The Birth Trauma Association is a charity which supports women who suffer birth trauma.

[Breaking Bad News](http://www.breakingbadnews.org/" \t "_top)



Practical advice for professionals and parents/carers on breaking bad news to those with intellectual disability

[British Institute of Learning Disabilities](http://www.bild.org.uk/" \t "_top)



The British Institute of Learning Disabilities is working to improve the lives of people in the UK with a learning disability.

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| Telephone Number: | 01562 723 010 |
| Email Address: | [enquiries@bild.org.uk](mailto:enquiries@bild.org.uk) |

[Combat Stress](https://www.combatstress.org.uk/" \t "_top)



Combat Stress is the UK's leading mental health charity for veterans. They provide free specialised clinical treatment and support to ex-servicemen and women across the UK with mental health conditions. Combat Stress has a strategic partnership with the MOD and the Department of Health.

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| Helpline Telephone Number: | 0800 138 1619 |

[Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/" \t "_top)



Looking after your mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

[Families Under Pressure](https://familiesunderpressure.maudsleycharity.org/" \t "_top)



Don't let the pressure of parenting get you down. Try these simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.

[Kooth](https://www.kooth.com/" \t "_top)



Free, safe and anonymous online support for young people. On Kooth you can: Chat to our friendly counsellors, Read articles written by young people, Get support from the Kooth community and Write in a daily journal.

[MENCAP](https://www.mencap.org.uk/" \t "_top)

Mencap provides a variety of services for people with a learning disability and their families and carers. This includes support with housing, education, employment and leisure activities.

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| Helpline Telephone Number: | 0808 808 1111 |
| Email Address: | [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk) |

[Top of Page](https://www.mossstreetsurgery.nhs.uk/health-orgs?cat=ment#top)

[Mind](https://www.mind.org.uk/" \t "_top)



Mind is a leading mental health charity in England and Wales. They work to create a better life for everyone with experience of mental distress. The helpline offers thousands of callers confidential help on a range of mental health issues. They also provide a special legal service to the public, lawyers and mental health workers.

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| Telephone Number: | 020 8519 2122 |
| Helpline Telephone Number: | 0300 123 3393 |
| Email Address: | [info@mind.org.uk](mailto:info@mind.org.uk) |

[Top of Page](https://www.mossstreetsurgery.nhs.uk/health-orgs?cat=ment#top)

[Mood Gym](https://moodgym.com.au/" \t "_top)



Moodgym is like an interactive self help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

[PANDAS Foundation](https://pandasfoundation.org.uk/" \t "_top)

PANDAS Foundation gives support to people coping with pre- and postnatal mental illnesses, as well as their familes, friends and carers

[Rethink](https://www.rethink.org/" \t "_top)



Rethink are dedicated to improving the lives of everyone affected by severe mental illness, whether they have a condition themselves, care for others who do, or are professionals or volunteers working in the mental health field.

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| Telephone Number: | 0121 522 7007 |
| Helpline Telephone Number: | 0300 5000 927 (open 10am to 2pm, Mon to Fri) |

[The Samaritans](https://www.samaritans.org/" \t "_top)



The Samaritans is a registered charity based in the UK and Republic of Ireland that provides confidential emotional support to any person who is suicidal or despairing; and that increases public awareness of issues around suicide and depression.

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| Telephone Number: | 116 123 |
| Email Address: | [jo@samaritans.org](mailto:jo@samaritans.org) |

[Togetherall](https://togetherall.com/en-gb/" \t "_top)



Togetherall is aimed at the sixteen plus age group and will help to bridge between youth and adult services with appropriate mental well being support. Trained and accredited professionals are available twenty four hours a day, seven days a week, to support community members and there is a choice of safe therapeutic services including courses, self-assessments and wellbeing resources to improve your mental health.

[With You](https://www.wearewithyou.org.uk/" \t "_top)

[Young Minds](https://youngminds.org.uk/" \t "_top)



YoungMinds is the national charity committed to improving the mental health of all children and young people. They provide :-  
(1) Free, confidential information and advice for any adult with concerns about the mental health of a child or young person.  
(2) Leaflets and booklets help young people, parents and professionals to understand when a young person feels troubled and where to find help.  
(3) Seminars and training increase professional understanding of children's mental health and improve joint working based on good practice and research.

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| Telephone Number: | 020 7089 5050 |
| Helpline Telephone Number: | 0808 802 5544 (Monday to Friday 9.30am to 4pm) |
| Email Address: | [enquiries@youngminds.org.uk](mailto:enquiries@youngminds.org.uk) |