



S.O.S!

(emergency self compassion)



Here is a promise and a fact.
You will never in your life ever have to deal with anything for more than the next minute.
However much it feels like you're approaching an event, an exam, a conversation, a decision, a kiss,
where if you screw up, the entire future will just burn to hell in front of you
and you will end, you are not.
That will never happen.
That is not what happens.

The minutes always come one at a time,
inside hours that come one at a time,
inside days that come one at a time,
all strung orderly like pearls on a necklace
suspended in a graceful line.
You will never ever have to deal with more than the next 60 seconds.

Do the calm, right thing that needs to be done in that minute,
the work or the breathing or the smile.
You can do that for one minute.
And if you can do one minute, you can do the next.

Caitlin Moran
Interview with the Sunday Times 2017
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You're not alone

The MIX

Support for under 25s

www.themix.org.uk/

Contact: **0808 808 4994**

There for you: Young people with any challenge you're facing.
Offers: Crisis text line, freephone helpline, email, one-to-one chat, counselling services plus loads of information on loads of topics.

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Papyrus

Prevention of young suicide

Site: <https://papyrus-uk.org/>

Helpline: Hopeline uk **0800 0684141**

There for you: Young people struggling with thoughts of suicide.
General content: Help, advice, training and fundraising.

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Rape crisis

Women only services

Site: <https://rapecrisis.org.uk/>

National helpline: **0808 802 9999**

There for you: A feminist organisation offering services by women, for women and girls. Protects and maintains safe women-only services and spaces for those who want and need them.
Offers: General content: direct information and advice for girls and women. Resources for volunteers and professionals.

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Youngminds

Help for children and young people with mental health concerns

<https://youngminds.org.uk/>

Helpline: **text YM to 85258**

There for you: Children and young people who have concerns about their mental health and resilience. Parents who are concerned about young people.
General content: Links to support, training and resources for professionals.

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You're not alone

Samaritans

Help with emotional distress

Site: <https://www.samaritans.org/>

Helpline: **116123 (UK)**

There for you: Anyone with emotional distress including suicidal feelings.

Offers: Direct help for people suffering emotional distress including suicidal feelings.
Wider help for people who worry about the mental states of others.

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Childline

Help with any problem for children under 19

Site: <https://www.childline.org.uk/>

Helpline: **0800 1111**

There for you: Anyone under 19 in the UK with any issue they're going through, big or small. Free, confidential and available any time, day or night.

General content: Direct help for children. Part of NSPCC, National Society for the Prevention of Cruelty to Children.

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Mind

To make sure no one has to face a mental health problem alone

Site: <https://www.mind.org.uk/>

General helpline: **0300 123 3393**

Legal helpline: **0300 466 6463**

Helpline for emergency workers, volunteers and their families: **0300 303 5999**

There for you: Anyone experiencing mental health problems.

General content: Comprehensive. Wide range of information and guides.
Contacts for help. Links to local services.

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B'eat

Help with eating disorders

Site: <https://www.beateatingdisorders.org.uk/>

General helpline: **0808 801 0677**

Youthline: **0808 801 0711**

There for you: Anyone affected by eating disorders. Gives individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

General content: Information, links to support services and training for professionals.



You're not alone

Child bereavement

Help with the death of a child

Site: <https://childbereavementuk.org/>

Helpline: **0800 02 888 40**

There for you: Families when a baby or child of any age dies or is dying, or when a child is facing bereavement.

General content: Direct support for families. Wider help for volunteers, professionals and educators.

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Citizens Advice

Help with wide range of issues including benefits and housing

Site: <https://www.citizensadvice.org.uk/>

Helpline: **03444111444**

There for you: Free, confidential and independent advice to help people overcome their problems. Problems can vary from concerns about benefits to housing and consumer rights.

General content: Direct help on a wide range of topics. Resources for professionals and volunteers.

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Cruse bereavement care

Help with the death of a loved one of any age

Site: <https://www.cruse.org.uk/>

Helpline: **0808 808 1677**

There for you: Support, advice and information to children, young people and adults when someone dies. Broader work to enhance society's care of bereaved people.

Offers: Direct help for people facing bereavement. Support for volunteers and professionals.

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Drinkaware

Help with alcohol misuse

Site: <https://drinkaware.co.uk/>

Helpline: **020 7766 9900, London based**

There for you: Independent charity working to reduce alcohol misuse and harm in the UK.

Offers: Direct help for people worried about their own alcohol misuse, or others' misuse. Research. Support for professionals.

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You're not alone

Age UK

Support for people in later life

Site: <https://www.ageuk.org.uk/>

Contact: **0800 169 8787**

There for you: Anyone in later life and those who help people in later life.

Offers: Wide range of resources and information.

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Living without abuse

Help for anyone suffering from domestic abuse

Site: <http://www.lwa.org.uk/index.htm>

Helpline: **0808 80 200 28**

There for you: Support for anyone experiencing or fearing violence or abuse from a partner, ex-partner or family member.

Offers: Range of support materials and information. Training, resources and links for volunteers.

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Men's advice line

Help for men experiencing domestic violence

Site: <http://www.mensadviceline.org.uk/>

Helpline: **0808 801 0327**

There for you: Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

Offers: Support for clients including advice and emotional support. Signposting to specialist help.

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Respect

Support for people who are abusing others and want help

Site: <http://respectphoneline.org.uk/>

Helpline: **0808 802 4040**

There for you: Men who abuse their female partners (straight or bi), men who abuse their male partners (gay or bi), women who abuse their partners, and frontline workers working with domestic violence perpetrators.

General content: Help and information.

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Veterans gateway

Support and advice for veterans

Site: <https://www.veteransgateway.org.uk/>

Helpline **0808 802 1212**

There for you: A single point of contact for veterans seeking advice and support.

Offers: Self help and local support with links to a range of organisations offering specialist help.

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