Beat
Provides helplines for adults and young people, offering support and information about eating disorders.
Website: www.beateatingdisorders.org.uk
Adult Helpline: 0808 801 0677
Studentline: 0808 801 0811
Youthline: 0808 801 0711

OCD Action
Support for people with Obsessive Compulsive Disorder (OCD).
Phone: 08453906232 (mon-fri, 9.30am - 5pm)
Website: www.ocdaction.org.uk

Cruse
Provides support, advice and information to children, young people and adults when someone dies.
Website: www.cruse.org.uk

Helplines
Whether you are concerned about yourself, a friend or a loved one, these helplines can offer expert advice.

Homeless Link
They support, develop, inspire and sustain a movement of organisations working together to achieve positive futures for people who are homeless or vulnerably housed.
Website: www.homeless.org.uk

CALM
CALM is the Campaign Against Living Miserably, for men aged 15-35.
Website: www.thecalmzone.net

Young Minds
Information on child and adolescent mental health service, helping and supporting young people with eating disorders, abuse, bullying, bereavement and self-harm.
Website: www.youngminds.org.uk

Intercom Trust
Intercom trust is a lesbian, gay, bisexual and trans+ charity providing support, information and consultancy.
Phone: 0800 612 3010
Website: www.intercomtrust.org.uk

Balloons
Balloons helps support bereaved children and young people when someone significant in their lives dies.
Website: www.balloonscharity.co.uk

OCD UK
A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.
Phone: 08451203778 (mon-fri, 9am - 5pm)
Website: www.ocduk.org

SCOPE
Equality for disabled people

Scone
Provides free, independent and impartial advice and support on issues that matter to disabled people and their families.
Website: www.scope.org.uk
Phone: 0808 800 3333

EDA
To provide support, information and understanding to people with eating disorders as well as their family and friends.
Website: www.eatingdisordersni.co.uk