

MENTAL HEALTH & CARERS' HELPLINES

Al-Anon Family Groups	0207 403 0888	Ansaphone
Alcoholics Anonymous	0845 769 7555	24hrs, 7 days a week
Alzheimer's Society	0845 300 0336	8.30am - 6.30pm
Autism Helpline	0845 070 400	Mon - Fri 10.00 am - 4.00pm
Battle Against Tranquillisers	0117 966 3629	Daily 9.00am - 8.00pm
BME Mental Health Network	0207 582 0512	
Carers Counselling Service Free & confidential	0800 174 319	24hrs, 7 days a week
CITA (Council for Involuntary Tranquiliser Addiction)	0151 932 0102	Daily 10.00am - 1.00pm
Cruse - bereavement counselling line.	0870 167 1677	Weekdays 9.30am - 5.00pm
Depression Alliance	0845 123 2320	Information on how to download information Pack www.depressionalliance.org You are also able to leave name and address to receive an information pack.
Domestic Abuse Free Phone Line Support Service (DAFFS)	08006949999	24 Hrs 7 days a week
Drinkline	0800 9178282	Mon - Fri 9.00am - 11.00pm
Somerset Emergency Social Work Duty Team	01458 253241	Evenings, weekends & bank holidays
First Steps to Freedom Help for people with phobias, OCD, anxiety, panic, anorexia, bulimia and those wanting to come off tranquilisers. Also advice/support for carers/people with	0845 1202916	Daily - 10.00am - 4.00 pm

borderline personality disorder.		
Frank – National drugs helpline	0800 776600	24 hrs, 7 days a week.
Gamblers Anonymous	020 73843040	24 Hrs 7 Days a week
Manic Depression Fellowship –	0845 634 0540	Mon – Fri 09.00am - 5.00pm
Mankind Offers support on surviving male sexual abuse or assault	01273 510447	Mon - Fri 10am – 4pm
Mind Information Line	08457 660163	Mon - Fri 9.15am – 5.15pm
MIND – Minehead	01643 708765	9.30 – 11am for information
Mindline (Somerset)	01823 276892	Wed – Sun 8.00am - midnight
Narcotics Anonymous	0845 3733366	Daily 10.00am – 10.00pm
National Carers helpline	0808 808 7777	Wed & Thurs 10.00am-12.00 & 2pm- 4.00pm
New Directions (MIND in Sedgemoor)	01278 446935	Tues 11.00am – 3.00pm Wed 11.00am – 3.00pm and 6.00pm – 10.00 pm Thu & Fri 11.00am – 3.00pm Sat & Sun 11.00am – 5.00pm
NHS Direct	0845 4647	24 hour advice line
Night Time Anxiety Crisis Line	0808 808 0545	10.00pm – 10.00am every day (answer phone service only).
No Panic – for people suffering from panic attacks, phobias and OCD and other related anxiety disorders.	0808 808 0545	Daily 10.00am – 10.00pm answer phone crisis line.
Parents Against Drugs Abuse –	0845 702 3867	Leave a message and contact number.
Prisoners Family and Friends Service	0808 808 3444	Mon – Fri 10am-5pm
RETHINK National Advice Service	020 8974 6814	Mon, Wed, Fri 10am – 3pm Tues, Thurs 10am-1pm

Samaritans	0845 790 9090	24 Hrs
Saneline – for people with a mental health problem and carers.	0845 7678000	12 noon – 2.00am 7 days a week
SOBS (Survivors of Bereavement by Suicide)	0870 241 3337	Daily 9.00 am – 9.00 pm
Somerset Change – offers an outreach and advocacy service to anyone affected by domestic abuse.	0800 6949999	Mon – Fri (not Bank Holidays) 9.00am – 5.00pm
Somerset Gay Health	01823 327078	Mon-Fri 9am –5pm
SWEDA (Somerset & Wessex Eating Disorders Association)	01458 448600	Weds 10.00am– 1.00pm Thurs 4.00pm – 7.00pm
Transvestite/ Transsexual Helpline	01793 420262	(this line is not continuously staffed)
Triumph Over Phobia	0845 600 9601	Mon – Fri 09.00am - 5.00pm
Turning Point (helps people with drug and alcohol problems)	01278 447044	Mon, Wed, Thurs 9.00am – 5.00pm Fri 9.00am – 1.00pm
Women’s Aid National Helpline – for women facing violence within the home.	0808 200 0247	24 Hrs
Young Minds	020 7336 8445	Mon-Fri 9.30-5.30pm