Helplines

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

**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

**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

**Scope**
Provides free, independent and impartial advice and support on issues that matter to disabled people and their families
Website: www.scope.org.uk
Phone: 08088003333

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