

# Directory of mental health services

Anyone can be affected by mental health issues, but different communities face different challenges. At FAIRER Consulting we believe that true inclusivity means acknowledging the unique mental health needs of underrepresented groups.

This directory of tools and services is designed to help workplaces better support mental wellbeing, ensuring no one falls through the gaps. The resources specifically address the needs of each protected group under the Equality Act 2010, helping you foster a truly inclusive and supportive environment.

For actionable strategies to build mental health inclusivity into the workplace, [download our employer checklist](#).

[View checklist](#)

## General mental health support

**MIND** – Mental health support for everyone

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

**Samaritans** – Mental health support for anyone who needs it

**Website:** [www.samaritans.org](http://www.samaritans.org)

**Helpline:** 116 123

**Shout** – Text service for anyone struggling with their mental health

**Website:** [www.giveusashout.org](http://www.giveusashout.org)

**Textline:** Text SHOUT to 85258

## 1. Age

### Mental health services for young people under 25

**YoungMinds** – Mental health support for children and under 25s, their parents and carers

**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Textline:** Text YM to 85258

**The Mix** – Emotional support for under 25s

**Website:** [www.themix.org.uk](http://www.themix.org.uk)

**Textline:** Text THEMIX to 85258

### Mental health services for older adults

**Age UK** – Mental health and loneliness support for older adults

**Website:** [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Helpline:** 0800 678 1602

**Silver Line UK** – Confidential helpline (run by Age UK) for older people feeling lonely

**Helpline:** 0800 470 8090

## 2. Disability

**Mental health services for people with physical or mental health disabilities, or neurodivergence.**

**Scope** – Mental health support for disabled people

**Website:** [www.scope.org.uk](http://www.scope.org.uk)

**Helpline:** 0808 800 3333

**Royal National Institute of Blind People (RNIB)** – Support for the blind partially sighted

**Website:** [www.rnib.org.uk](http://www.rnib.org.uk)

**Helpline:** 0303 123 9999

**Action on Hearing Loss (RNID)** – Mental health resources for the deaf community

**Website:** [www.rnid.org.uk](http://www.rnid.org.uk)

**Helpline:** 0808 808 0123

**Action for Neurodiversity** – Bespoke, autism-specialist counselling and emotional support

**Website:** [www.actionforneurodiversity.org](http://www.actionforneurodiversity.org)

## 3. Gender (reassignment)

### **Mental health services for people who are transgender and non-binary**

**Mermaids UK** – Supporting trans, non-binary and genderfluid young people and their families

**Website:** [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

**Helpline:** 0808 801 0400

**Gendered Intelligence** – Mental health support for transgender individuals

**Website:** [www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk)

**Helpline:** 0800 640 8046

## 4. Marriage and civil partnership

### **Mental health support for relationship stress and relationship breakdowns**

**Relate UK** – Counselling for relationship problems and mental health

**Website:** [www.relate.org.uk](http://www.relate.org.uk)

**Helpline:** 0300 003 2972

**Family Action** – Emotional support for family issues

**Website:** [www.family-action.org.uk](http://www.family-action.org.uk)

**Helpline:** 0808 802 6666

## 5. Pregnancy and maternity

**Mental health support for new and expectant parents, pregnancy loss, birth trauma and postnatal depression**

**PANDAS Foundation** – Emotional support for new and expectant parents

**Website:** [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

**Textline:** Message 07903 508334 to connect with a volunteer

**Tommy's** – Mental health support for pregnancy loss and postnatal depression

**Website:** [www.tommys.org](http://www.tommys.org)

**Helpline:** 0800 0147 800

**Birth Trauma Association** – Support for people experiencing birth trauma

**Website:** [www.birthtraumaassociation.org](http://www.birthtraumaassociation.org)

**Helpline:** 0203 621 6338

**Maternal Mental Health Alliance** – Perinatal mental health support for mothers

**Website:** [www.maternalmentalhealthalliance.org](http://www.maternalmentalhealthalliance.org)

## 6. Race and ethnicity

### Culturally sensitive mental health support

**Black Minds Matter UK** – Free therapy for Black individuals

**Website:** [www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)

**The Black, African and Asian Therapy Network** – Connects people with counsellors, psychotherapists and psychologists from diverse backgrounds

**Website:** [www.baatn.org.uk](http://www.baatn.org.uk)

## 7. Religion and belief

### Mental health resources for people within different religious communities

**FaithAction** – Mental health resources across different faith communities

**Website:** [www.faithaction.net](http://www.faithaction.net)

**Muslim Youth Helpline** – Provides faith and culturally sensitive support to young Muslims

**Website:** [www.myh.org.uk](http://www.myh.org.uk)

**Helpline:** 0808 808 2008

**Jami UK** – Offers mental health support to Jewish individuals

**Website:** [www.jamiuk.org](http://www.jamiuk.org)

**Helpline:** 020 8458 2223

**Premier Lifeline** – Mental health support to individuals from the Christian community

**Website:** [www.premierlifeline.org.uk](http://www.premierlifeline.org.uk)

**Helpline:** 0300 111 0101

## 8. Sex (gender-specific support)

### Mental health support for men

**ANDYSMANCLUB** – Peer-to-peer emotional support groups for men in the UK

**Website:** [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

**Men's Minds Matter** – Men's mental health specialists with a focus on suicide prevention

**Website:** [www.mensmindsmatter.org](http://www.mensmindsmatter.org)

### Mental health support for women

**The Maya Centre (London)** – Offers culturally-sensitive counselling to women

**Website:** [www.mayacentre.org.uk](http://www.mayacentre.org.uk)

**WISH** – User-led women's mental health charity

**Website:** [www.womenatwish.org.uk](http://www.womenatwish.org.uk)

## 9. Sexual orientation

### Emotional support resources for LGBTQ+ individuals

**MindOut** – Mental health support for LGBTQ+ individuals

**Website:** [www.mindout.org.uk](http://www.mindout.org.uk)

**Switchboard** – National LGBTQIA+ support line

**Website:** [www.switchboard.lgbt](http://www.switchboard.lgbt)

**Helpline:** 0800 0119 100

## Ways to use this guide

- Share with your colleagues, friends and community
- Reach out to these organisations when in need
- Advocate for inclusive mental health support in the workplace

### FAIRER Consulting

To find out how we can support your diversity and inclusion aspirations please contact us:

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