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Themes: Mental Health

Aimed at: All People

The Campaign Against Living Miserably (CALM) is leading a movement against suicide. Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. We run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. We support those bereaved by suicide, through the Support After Suicide Partnership (SASP).

Our helpline is for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Alcohol and Drugs, Abuse, Anger, Anxiety, Bipolar Disorder, Body Image, Bullying, Depression, Eating Disorders, Erectile dysfunction, Exam Stress, Financial Stress, Gambling, Grief, Hairloss, Hearing Voices, Homelessness, Loneliness and Social Isolation, Masturbation, Mental Health, OCD, PTSD, Racism, Relationship Breakdown, Self-Harm, Sexuality, Suicidal Thoughts, Support After Suicide, Terminal Illness, Work Issues.

Area:

Contact Details

CALM

5 Wooton Street

SE1 8TG.

0800 58 58 58 5pm - Midnight

<https://www.thecalmzone.net/help/get-help>

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