Support resources





# Mental health

## CALM

Campaign Against Living Miserably - suicide prevention charity helpline and webchat Phone: 0800 58 58 58 (daily 5pm-midnight) https://[www.thecalmzone.net](http://www.thecalmzone.net/)

## Samaritans

24 hour service.

Phone: 116 123 [www.samaritans.org](http://www.samaritans.org/)

## SOS Silence of Suicide

A listening service For children and adults who need emotional support.

Phone: 0300 102 0505

sossilenceofsuicide.org

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## Shout

Shout is a 24/7 text service, free on all major mobile networks, for anyone struggling to cope and in need of immediate help.

Text SHOUT to 85258 https://giveusashout.org/get-help/

## Mind

Advice, support and details of local help and support in England and Wales.

Phone: 0300 123 3393 (weekdays 9am - 6pm) [www.mind.org.uk](http://www.mind.org.uk/)

## Rethink Mental Illness

Practical help and information for anyone affected by mental illness

Phone: 0808 801 0525 (Mon-Fri 9.30am-4pm) [www.rethink.org](http://www.rethink.org/)

## SANE

Confidential emotional support and information to anyone affected by mental illness.

Phone: 0300 304 7000 (4.30 - 10.30pm daily) [www.sane.org.uk](http://www.sane.org.uk/)

## Mental Health Foundation

A guide to Mental Health issues, topical matters and treatment options via their website. [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk/)



# Sexual Abuse Autism Support

**The 24/7 Rape & Sexual Abuse Support Line** Run by Rape Crisis England & Wales, offers support to anyone of any gender aged 16+ who have experienced any form of unwanted sexual behaviour. Webchat available on website.

Phone: 0808 500 2222

https://rapecrisis.org.uk

## The National Association for People Abused in Childhood

Support, advice and guidance to adult survivors of any form of childhood abuse.

Phone: 0808 801 0331

https://napac.org.uk

## Victim Support

Emotional and practical help to victims or witnesses of any crime, whether or not it has been reported to the police.

Phone: 0808 16 89 111 (24/7)

[www.victimsupport.org.uk](http://www.victimsupport.org.uk/)

## Safeline

Support and counselling for survivors of sexual abuse or rape.

Phone: 0808 8005005

https://safeline.org.uk

## The Survivors Trust

Support and signposting for survivors of rape, sexual violence or childhood sexual abuse.

Phone: 0808 801 0818

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org/)

## The National Domestic Abuse Helpline

Phone: 0808 2000 247

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk/)

## Women's Aid

Support and information for women experiencing domestic violence [www.womensaid.org.uk](http://www.womensaid.org.uk/)

## The National Autistic Society

Information and guidance to autistic people and their families.

[www.autism.org.uk](http://www.autism.org.uk/)

## Autism Initiatives

Services for people to enable them to have ownership of their own lives and future. [www.autisminitiatives.org](http://www.autisminitiatives.org/)

## NHS autism resources

Guidance around diagnosis and signposts to support from the NHS [www.nhs.uk/conditions/autism/](http://www.nhs.uk/conditions/autism/)

**Verified online support and community groups** [www.facebook.com/NationalAutisticSociety](http://www.facebook.com/NationalAutisticSociety) [www.facebook.com/ambitiousaboutautism/](http://www.facebook.com/ambitiousaboutautism/) [www.facebook.com/actuallyautistic/](http://www.facebook.com/actuallyautistic/) [www.facebook.com/Aucademy](http://www.facebook.com/Aucademy) [www.facebook.com/autisticparentsUK](http://www.facebook.com/autisticparentsUK)

Autistic Women and Girls [www.facebook.com/groups/352290105213579](http://www.facebook.com/groups/352290105213579)

Women with Autism UK support group [www.facebook.com/groups/688411908330520](http://www.facebook.com/groups/688411908330520)

Autism late diagnosis/id support and education [www.facebook.com/groups/676189865840218](http://www.facebook.com/groups/676189865840218)

Autistic Women+ Living Authentically [www.facebook.com/groups/womenwithautism](http://www.facebook.com/groups/womenwithautism) authentically

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