

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

Samaritans – Mental health support for anyone who needs it

Website: www.samaritans.org

Helpline: 116 123

Shout – Text service for anyone struggling with their mental health

Website: 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

Textline: Text YM to 85258

The Mix – Emotional support for under 25s

Website: 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

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

Helpline: 0808 800 3333

Royal National Institute of Blind People – Support for the blind and partially sighted

Website: 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

Helpline: 0808 808 0123

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

Website: 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

Helpline: 0808 801 0400

Gendered Intelligence – Mental health support for transgender individuals

Website: 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

Helpline: 0300 003 2972

Family Action – Emotional support for family issues

Website: 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

Textline: Message 07903 508334 to connect with a volunteer

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

Website: www.tommys.org

Helpline: 0800 0147 800

Birth Trauma Association – Support for people experiencing birth trauma

Website: www.birthtraumaassociation.org

Helpline: 0203 621 6338

Maternal Mental Health Alliance – Perinatal mental health support for mothers

Website: 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

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

Website: 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

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

Website: www.myh.org.uk

Helpline: 0808 808 2008

Jami UK – Offers mental health support to Jewish individuals

Website: www.jamiuk.org

Helpline: 020 8458 2223

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

Website: 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

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

Website: www.mensmindsmatter.org

ManKind Initiative – Supports men experiencing domestic abuse

Website: www.mankind.org.uk

Mental health support for women

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

Website: www.mayacentre.org.uk

WISH – User-led women's mental health charity

Website: www.womenatwish.org.uk

Women's Aid – Supports women experiencing domestic violence

Website: www.womensaid.org.uk

9. Sexual orientation

Emotional support resources for LGBTQ+ individuals

MindOut – Mental health support for LGBTQ+ individuals

Website: www.mindout.org.uk

Switchboard – National LGBTQIA+ support line

Website: 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:

E info@fairerconsulting.com

W fairerconsulting.com