

Further sources of help and advice

City Mental Health Alliance: <http://citymha.org.uk/tackling-mental-health-in-the-legal-sector/>

National charities and organisations

- British Heart Foundation: <https://www.bhf.org.uk/>
- British Lung Foundation: <https://www.blf.org.uk/>
- Mind: <https://www.mind.org.uk/>
- Alcohol Concern: <https://www.alcoholconcern.org.uk/>
- British Association for Counselling and Psychotherapy: <https://www.bacp.co.uk/search/Therapists>
- National Council for Hypnotherapy: <https://www.hypnotherapists.org.uk/therapist-finder/>
- How to find a hypnotherapist: <https://www.hypnotherapy-directory.org.uk/>
- Mental Health First Aid training: <https://mhfaengland.org/>
- Centre for Mental Health www.centreformentalhealth.org.uk
- Health and Safety Executive www.hse.gov.uk/stress
- Depression Alliance www.depressionalliance.org
- Shaw Trust www.tacklementalhealth.org.uk
- Rethink Mental Illness www.rethink.org
- Time to Change www.time-to-change.org.uk
- Mental Health Foundation www.mentalhealth.org.uk
- Samaritans – for everyone
 - Call 116 123
 - Email jo@samaritans.org
- Campaign Against Living Miserably (CALM) – for men
 - Call 0800 58 58 58 – 5pm to midnight every day
 - Visit the webchat page
- Papyrus – for people under 35
 - Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
 - Text 07786 209697
 - Email pat@papyrus-uk.org
- Survivors of Bereavement by Suicide - Call 0300 111 5065
- Suicide Bereaved Network - Call 0300 999 0003

Health

- General health information: <https://www.nhs.uk/oneyou#GB0eI00eWOYzbwle.97>
- The Square Mile: <http://www.squaremilehealth.org.uk/>
- City Health: <https://www.city-health.org.uk/content/about-us>
- City of London: <https://www.cityoflondon.gov.uk/services/health-and-wellbeing/Pages/default.aspx>
- Health Watch City of London: <http://www.healthwatchcityoflondon.org.uk/>

Drug addiction / alcohol / smoking

- Action on Addiction: <https://www.actiononaddiction.org.uk/>
- Addaction: <https://www.addaction.org.uk/>

Further sources of help and advice

- Drug and alcohol charity: WDP (for London and the South East) <http://www.wdp.org.uk/>
- <https://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines>
- Smoking direct: The Square Mile: <http://www.squaremilehealth.org.uk/smoking-services/>
- Drug and alcohol information: City of London: <https://www.cityoflondon.gov.uk/services/health-and-wellbeing/drugs-and-alcohol/london-drug-and-alcohol-policy-forum/Pages/default.aspx>
- NHS Quit Smoking: <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>
- Alcohol Charity: www.downyourdrink.org.uk

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