



THE BLUE TREE CLINIC

10 Harley St., London, W1G 9PA  
E-Mail: Reception@thebluetreeclinic.com , Tel : 0207 467 8531 Web: www.thebluetreeclinic.com

**In cases of emergency or high distress please find a list here of places which can help you if it is out of clinic hours.**

### **In an Emergency:**

If you feel like you might harm yourself or you are having thoughts of suicide, please go to your local **Accident and Emergency Department** or call **999** where help can be found.

**If you are distressed but do not wish to go to hospital:**

### **General distress**

#### **Samaritans**

<http://www.samaritans.org>

Tel – 08457 90 90 90

#### **Saneline**

<http://www.sane.org.uk>

Tel – 0845 767 8000, 6pm – 11pm

#### **Support Line**

<http://www.supportline.org.uk>

Tel – 01708 765200

#### **Mind**

<http://www.mind.org.uk/>

Tel – 03001233393



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**For more specified mental health issues:**

## **Addictions**

### **Action on addiction**

<http://www.actiononaddiction.org.uk>  
Tel – 0300 300 0659

### **Addiction helper**

<http://www.addictionhelper.com/>  
Tel – 0800 024 1455 / 0203 131 8343

### **Talk to Frank**

<http://www.talktofrank.com/>  
Tel – 0800 776600

### **Release**

<http://www.release.org.uk/>  
Tel – 020 73242989

## **Anxiety**

### **Anxiety UK**

<http://www.anxietyuk.org.uk>  
Tel – 08444775774

### **No Panic**

<http://nopanic.org.uk>  
Tel – 0800 138 8889

### **Social Anxiety UK**



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<http://www.social-anxiety.org.uk>

## **Bereavement**

### **Bereavement Advice Centre**

<http://www.bereavementadvice.org>

Tel – 0800 634 9494

### **Child Bereavement Charity**

<http://www.childbereavement.org.uk>

Tel – 01494 568900

### **Child Death Helpline**

<http://childdeathhelpline.org.uk>

Tel – 0800 282 986

### **The Compassionate Friends**

<http://www.tcf.org.uk/>

Tel – 08451232304

## **Bipolar**

### **Bipolar UK**

<http://www.mdf.org.uk>

Tel – 020 7931 6480

## **Depression/suicide**



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**C.A.L.L Helpline (Advice and listening line)**

<http://www.callhelpline.org.uk>

Tel – 0800132737 or text 81066

**Chooselife**

<http://www.chooselife.net>

Tel – 08457909090

**Beating the Blues**

<http://www.beatingtheblues.co.uk/>

**Depression UK**

<http://www.depressionuk.org/index.shtml>

**Eating disorders**

**Anorexia and Bulimia Care**

<http://www.anorexiabulimiacare.org.uk/>

Tel – 03000 11 12 13

**BEAT – Beating Eating Disorders**

<http://www.b-eat.co.uk/>

Tel – 0845634 1414

**Caraline**

<http://www.caraline.com>

Tel – 01582 457474

**Overeaters Anonymous**

<http://www.oagb.org.uk/>



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Tel – 07000 784985

## **OCD**

**The OCD Action Helpline**

<http://www.ocdaction.org.uk/>

Tel – 0845 390 6232

## **Post Natal Depression**

**The Association for Post Natal Illness**

<http://www.apni.org>

Tel – 0207 386 0868

**Association for Post Natal Illness**

<http://www.apni.org>

Tel – 0207 386 0868

**Bliss**

<http://www.bliss.org.uk>

Tel – 0500 618140