

# 7 FREE COUNSELLING AND MENTAL HEALTH SERVICES AVAILABLE IN THE UK AND IRELAND

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## THE NHS URGENT MENTAL HEALTH HELPLINE

The NHS Urgent Mental Health Helpline service is a short, online quiz that helps you find the best mental health support in your area.

Website - <https://tinyurl.com/y9s4cwhq>

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## EVERY MIND MATTERS

Every Mind Matters is the NHS's mental health initiative, which offers long-term support to those who need it.

Website - <https://tinyurl.com/s8yccu3>

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## MIND OUT

A mental health service designed to specifically support members of the LGBTQ+ community.

Website - <https://tinyurl.com/y92dya18>

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## SAMARITANS

Samaritans is one of the leading mental health services in the UK for people requiring advice.

Website - <https://tinyurl.com/yde5rzhd>

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## MIND INFOLINE

Mind is an online and telephone resource that doesn't offer counselling but rather provides a safe space to anonymously discuss your mental health concerns.

Website - <https://tinyurl.com/yycf5vpw>

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## THE MIX

A free mental health service for people under 25 years old, The Mix offers a range of short-term support options for getting help without ever leaving your home.

Website - <https://tinyurl.com/yd76pwb2>

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## VICTIM SUPPORT

Victim Support is a free service for children, young people, and their parents to help support children who've been affected by crime.

Website - <https://tinyurl.com/y75rz6ej>