Campaign Against Living Miserably (CALM)

The Campaign Against Living Miserably (CALM) is a free and confidential out of hours helpline and web chat service for men who need to talk about their mental health, who are feeling down or in crisis.They also offer information and support. Open 5pm to 12am every day of the year

They offer confidential, anonymous and free support and signposting to men anywhere in the UK. Their website provides information and a private online forum for those bereaved by suicide and would like to talk to others who have gone through the same experience.

Last updated: January 23, 2020

Telephone: 0203 697 9331

Website: www.thecalmzone.net

Helpline: 0800 585 858

out of hours helpline service
Email: info@thecalmzone.net

Website 2: https://www.thecalmzone.net/help/webchat/

Twitter: www.twitter.com/thecalmzone

Facebook: www.facebook.com/thecalmzone

Opening Hours: Helpline and web chat service open 5pm to 12am every day of the year

Address:
Po Box 68766
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