

These are **not** case sensitive

Category	Organisation	Text input	URL linked	Action when clicked
COVID-19	GOV	gov covid info	<a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>	Opens main info page
COVID-19	NHS	nhs covid info	<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>	Opens main info page
COVID-19	The Mix	covid hub	<a href="https://www.themix.org.uk/coronavirus-support">https://www.themix.org.uk/coronavirus-support</a>	Opens main info page
Crisis Support	Crisis Messenger	crisis messenger	<a href="https://www.themix.org.uk/get-support/speak-to-crisis/">https://www.themix.org.uk/get-support/speak-to-crisis/</a>	Opens contact page
Crisis Support	Crisis Messenger	text crisis messenger	sms:85258?body=THEMIX	Creates SMS
Crisis Support	I'm Alive	i'm alive	<a href="https://www.imalive.org/">https://www.imalive.org/</a>	Opens main page
Crisis Support	NHS	call 999	<a href="tel:999">tel:999</a>	Triggers phone call
Crisis Support	Papyrus	call papyrus	<a href="tel:08000684141">tel:08000684141</a>	Triggers phone call
Crisis Support	Papyrus	email papyrus	<a href="mailto:pat@papyrus-uk.org">mailto:pat@papyrus-uk.org</a>	Creates email
Crisis Support	Papyrus	papyrus	<a href="https://papyrus-uk.org/get-in-touch/">https://papyrus-uk.org/get-in-touch/</a>	Opens contact page
Crisis Support	Papyrus	text papyrus	sms:07860039967	Creates SMS
Crisis Support	Samaritans	call samaritans	<a href="tel:116123">tel:116123</a>	Triggers phone call
Crisis Support	Samaritans	email samaritans	<a href="mailto:jo@samaritans.org">mailto:jo@samaritans.org</a>	Creates email
Crisis Support	Samaritans	samaritans	<a href="https://www.samaritans.org/how-we-can-help/corona/">https://www.samaritans.org/how-we-can-help/corona/</a>	Opens contact page
Crisis Support	Staying Safe	safety plan	<a href="https://staying-safe.net/ST/">https://staying-safe.net/ST/</a>	Opens safety plan template
Crisis Support	The Mix	crisis support	<a href="https://community.themix.org.uk/discussion/3597">https://community.themix.org.uk/discussion/3597</a>	Opens page of crisis options
Domestic Abuse	Women's Aid	women's aid	<a href="https://www.womensaid.org.uk/information-support/">https://www.womensaid.org.uk/information-support/</a>	Opens contact page
Domestic Abuse	Women's Aid	women's aid webchat	<a href="https://chat.womensaid.org.uk/">https://chat.womensaid.org.uk/</a>	Opens webchat page
Eating Disorders	Beat	beat	<a href="https://www.beateatingdisorders.org.uk/support-us/">https://www.beateatingdisorders.org.uk/support-us/</a>	Opens main support page
Finance & Law	Citizen's Advice	citizen's advice	<a href="https://www.citizensadvice.org.uk/about-us/contact/">https://www.citizensadvice.org.uk/about-us/contact/</a>	Opens contact page
Finance & Law	Mybnk	mybnk	<a href="https://www.mybnk.org/">https://www.mybnk.org/</a>	Opens main page
Gender & Sexuality	AKT	akt	<a href="https://www.akt.org.uk/get-help">https://www.akt.org.uk/get-help</a>	Opens contact page
Gender & Sexuality	London Friend	london friend	<a href="https://londonfriend.org.uk/support/">https://londonfriend.org.uk/support/</a>	Opens contact page
Gender & Sexuality	Mermaids	call mermaids	<a href="tel:08088010400">tel:08088010400</a>	Triggers phone call
Gender & Sexuality	Mermaids	mermaids	<a href="https://www.mermaids.org.uk/">ack</a>	Opens contact page
Gender & Sexuality	Stonewall	call stonewall	<a href="tel:08000502020">tel:08000502020</a>	Triggers phone call
Gender & Sexuality	Stonewall	stonewall	<a href="https://www.stonewall.org.uk/help-and-advice">https://www.stonewall.org.uk/help-and-advice</a>	Opens contact page
Gender & Sexuality	Switchboard	call switchboard	<a href="tel:03003300630">tel:03003300630</a>	Triggers phone call
Gender & Sexuality	Switchboard	switchboard	<a href="https://switchboard.lgbt/contact/">https://switchboard.lgbt/contact/</a>	Opens contact page
Group Chat	The Mix	autolinks	<a href="https://community.themix.org.uk/discussion/comr">https://community.themix.org.uk/discussion/comr</a>	Opens autolinking list
Group Chat	The Mix	chat guidelines	<a href="https://www.themix.org.uk/about-us/chat-guidelines/">https://www.themix.org.uk/about-us/chat-guidelines/</a>	Opens guidelines
Hate Crime/Racism	SARI	call sari	<a href="tel:08001712272">tel:08001712272</a>	Triggers phone call
Hate Crime/Racism	SARI	sari	<a href="https://www.sariweb.org.uk/help-support/how-can-we-help/">https://www.sariweb.org.uk/help-support/how-can-we-help/</a>	Opens contact page
Hate Crime/Racism	Tell Mama	tell mama	<a href="https://tellmamauk.org/">https://tellmamauk.org/</a>	Opens home page
Mental Health Support	CALM	calm	<a href="https://www.thecalmzone.net/help/get-help/">https://www.thecalmzone.net/help/get-help/</a>	Opens contact page
Mental Health Support	Kooth	kooth	<a href="https://www.kooth.com/">https://www.kooth.com/</a>	Opens main page
Mental Health Support	Mind	mind	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	Opens main page
Mental Health Support	Mind	side by side	<a href="https://sidebyside.mind.org.uk">https://sidebyside.mind.org.uk</a>	Opens online community
Mental Health Support	SANE	sane	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	Opens main page
Mental Health Support	Supportline	call supportline	<a href="tel:01708765200">tel:01708765200</a>	Triggers phone call
Mental Health Support	Supportline	supportline	<a href="https://www.supportline.org.uk/">https://www.supportline.org.uk/</a>	Opens main page
NHS services	NHS	call 111	<a href="tel:111">tel:111</a>	Triggers phone call
NHS services	NHS	camhs	<a href="https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/">https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/</a>	Opens info page
NHS services	NHS	nhs counselling	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a>	Opens info page
Parental Support	Gingerbread	gingerbread	<a href="https://www.gingerbread.org.uk/what-we-do/contact-us/">https://www.gingerbread.org.uk/what-we-do/contact-us/</a>	Opens contact page
Parental Support	Young Minds	young minds	<a href="https://youngminds.org.uk/contact-us/">https://youngminds.org.uk/contact-us/</a>	Opens contact page
Physical Health	Brook	brook	<a href="https://www.brook.org.uk/help-advice/">https://www.brook.org.uk/help-advice/</a>	Opens contact page
Physical Health	Doc Ready	doc ready	<a href="https://www.docready.org">https://www.docready.org</a>	Opens main page
Self-harm	Self Injury Support	email self injury support	<a href="mailto:tessmail@selfinjurysupport.org.uk">mailto:tessmail@selfinjurysupport.org.uk</a>	Creates email
Self-harm	Self Injury Support	self injury support	<a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a>	Opens main page
Self-harm	Self Injury Support	self injury support webchat	<a href="https://www.selfinjurysupport.org.uk/Pages/FAQs">https://www.selfinjurysupport.org.uk/Pages/FAQs</a>	Opens webchat page
Self-harm	Self Injury Support	text self injury support	sms:07537432444	Creates SMS

Sexual Assault	Rape Crisis	rape crisis	<a href="https://rapecrisis.org.uk/get-help/">https://rapecrisis.org.uk/get-help/</a>	Opens contact page
Sexual Assault	Rape Crisis	rape crisis webchat	<a href="https://rapecrisis.org.uk/get-help/live-chat-helpline/">https://rapecrisis.org.uk/get-help/live-chat-helpline/</a>	Opens webchat info page
Sexual Assault	Survivor's Trust	call survivor's trust	<a href="tel:08088010818">tel:08088010818</a>	Triggers phone call
Sexual Assault	Survivor's Trust	survivor's trust	<a href="https://www.thesurvivorstrust.org/contact">https://www.thesurvivorstrust.org/contact</a>	Opens contact page
Sexual Assault	Survivor's UK	survivor's uk	<a href="https://www.survivorsuk.org/">https://www.survivorsuk.org/</a>	Opens contact page
Sexual Assault	Victim Support	call victim support	<a href="tel:08081689111">tel:08081689111</a>	Triggers phone call
Sexual Assault	Victim Support	victim support	<a href="https://www.victimsupport.org.uk/help-and-support/">https://www.victimsupport.org.uk/help-and-support/</a>	Opens contact page
The Mix	The Mix	feedback form	<a href="https://bit.ly/TheMixCommunityFeedback">https://bit.ly/TheMixCommunityFeedback</a>	Opens feedback form
The Mix	The Mix	pm@themix	<a href="https://community.themix.org.uk/messages/add">https://community.themix.org.uk/messages/add</a>	Creates new boards PM
The Mix	The Mix	email@themix	<a href="mailto:community@themix.org.uk">mailto:community@themix.org.uk</a>	Creates email
The Mix	The Mix	the mix	<a href="https://themix.org.uk">https://themix.org.uk</a>	Opens home page
The Mix	The Mix	1-2-1 services	<a href="https://www.themix.org.uk/get-support/speak-to-c">https://www.themix.org.uk/get-support/speak-to-c</a>	Opens contact page
The Mix	The Mix	call the helpline	<a href="tel:08088084994">tel:08088084994</a>	Triggers phone call
The Mix	The Mix	discussion boards	<a href="https://community.themix.org.uk">https://community.themix.org.uk</a>	Opens home page
The Mix	The Mix	elearning	<a href="http://learning.themix.org.uk/">http://learning.themix.org.uk/</a>	Opens home page
Under 18's	Childline	call childline	<a href="tel:08001111">tel:08001111</a>	Triggers phone call
Under 18's	Childline	childline	<a href="https://www.childline.org.uk/get-support/">https://www.childline.org.uk/get-support/</a>	Opens contact page

