

WHERE TO GET HELP FOR YOUR MENTAL HEALTH

If you are worried about your mental health

- ✓ talk to a professional involved in your care
- ✓ speak with your GP
- ✓ If you are feeling unsafe or at risk to yourself you should go to A+E or call 999.

There are organisations you can contact:

✓ **SAMARITANS**

Confidential support for people experiencing feelings of distress or despair.

- Phone: 116 123 (free 24-hour helpline)
- Website: www.samaritans.org.uk

✓ **CALM**

Campaign Against Living Miserably, for men aged 15 to 35.

- Phone: 0800 58 58 58 (daily, 5pm to midnight)
- Website: www.thecalmzone.net

✓ **PAPYRUS**

Young suicide prevention society.

- Phone: 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)
- Website: www.papyrus-uk.org

✓ **YOUNG MINDS**

- Information on child and adolescent mental health. Services for parents and professionals.
- Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
- Website: www.youngminds.org.uk

You can find more mental health helplines at

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



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