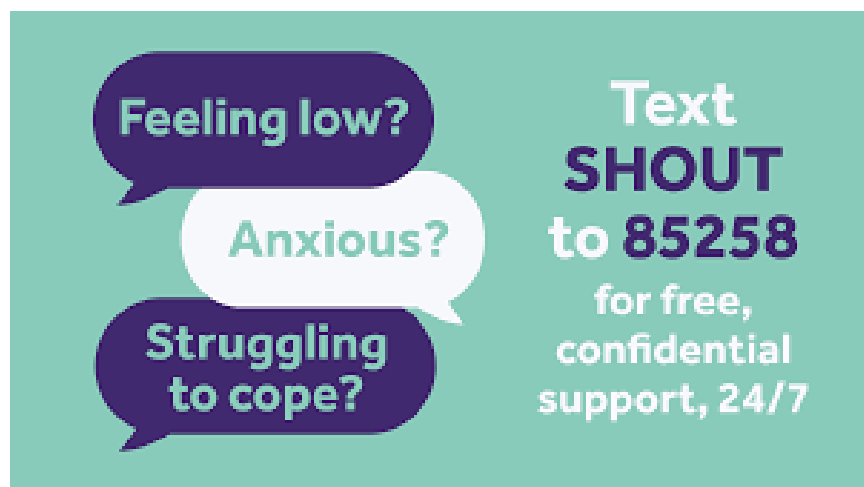


MENTAL HEALTH & WELL BEING SIGNPOSTING



Shout

85258 (text SHOUT)

giveusashout.org

Confidential 24/7 text service offering support if you're in crisis and need immediate help.



Papyrus HOPELINEUK

0800 068 41 41

07860039967 (text)

pat@papyrus-uk.org

papyrus-uk.org

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open 24 hours, 7 days a week.



Mind Infoline

0300 123 3393

info@mind.org.uk

Free and confidential information about support and services in your area, including advocacy support.



samaritans.org

A registered charity

