

Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

MENTAL HEALTH

ORGANISATION	CONTACT INFORMATION
Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities	Website: www.mentalhealth.org.uk
Mind A mental health charity	Phone: 0300 123 0093 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk
PAPYRUS Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday 9am to 10pm and 2pm to 10pm on weekends and Bank Holidays) Website: www.papyrus-uk.org
Samaritans Confidential support for people experiencing feelings of distress and despair	Phone: 116 123 (free 24hr helpline) Website: www.samaritans.org.uk
SANE Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: www.sane.org.uk/support
YoungMinds A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk
Cruse Bereavement Care Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk

DOMESTIC VIOLENCE

ORGANISATION	CONTACT INFORMATION
NSPCC Child Protection charity	Phone: 0808 800 5000 for adults concerned about a child (24hr helpline) 0800 1111 for children (ChildLine's 24 hour helpline) Website: www.nspcc.org.uk
Refuge Advice on dealing with domestic violence	Phone: 0808 2000 247 (24hr helpline) Website: www.refuge.org.uk

