



Sources of Help

Dial 999 for immediate medical assistance or if someone's life is in danger.

Remember, seeking help is a sign of strength, not weakness. If you're struggling, don't hesitate to reach out to someone you trust or one of the resources listed below.

Mental Health Helplines:

- **Samaritans:** Confidential support for people experiencing feelings of distress or despair. Call 116 123 (free 24-hour helpline).
- **CALM (Campaign Against Living Miserably):** Support for men dealing with feelings of depression or distress. Call 0800 58 58 58 (5 pm to midnight, every day).

Online Resources:

- **Mind:** Mental health charity providing information, advice, and support. Visit www.mind.org.uk.
- **NHS Every Mind Matters:** Resources and advice for maintaining good mental health. Visit www.nhs.uk/oneyou/every-mind-matters.

Professional Help:

- **GP (General Practitioner):** Your GP can provide advice, support, and refer you to mental health services if needed. Contact your local GP surgery to make an appointment.
- **Therapists/Counsellors:** Professional therapists and counsellors offer confidential support for mental health issues. Search for registered therapists in your area.

Apps and Online Communities:

- **Headspace:** Meditation and mindfulness app for stress, anxiety, and sleep. Available on iOS and Android.
- **TalkLife:** Online peer support community for sharing thoughts and feelings in a safe space. Visit www.talklife.co.

Additional Resources:

- **Legal Advice:** If you require legal advice or support, contact a solicitor or visit Citizens Advice for free information and assistance.
- **Financial Support:** If you're experiencing financial difficulties, contact your local council for information on benefits and support services available to you.