

SUPPORT SERVICES

SAMARITANS

**CAMPAIGN
AGAINST
LIVING
MISERABLY**



SANE

shout
85258



Hub of Hope



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Essential support for under 25s

Whatever you're going through call for free on any phone 116 123.

24 hours a day 365 days a year.

Call CALM on 0800 58 58 58 5pm-midnight every day. They also have a webchat service.

You can call SANEline on 0300 304 7000 if you or someone you are supporting is experiencing a mental health problem.

If you'd prefer not to talk, you can text SHOUT to 85258 to get 24/7 text support.

A national database that brings together local mental health services. Enter your postcode and find local services to support you.

If you're under 35 and struggling with suicidal feelings call 0800 068 4141 or text 2pm-10pm

If you're under 25 call The Mix on 0808 808 4994 3pm-midnight every day.



BLOOMINGMIND

SUPPORT SERVICES

The Silver Line
helpline for older people


Switchboard
LGBT+ helpline

childline

Refuge


ManKind
Initiative 

StepChange
Debt Charity


SHELTER

If you are aged 55 or over then call 0800 4 70 80 90. Providing friendship, conversation and support 24/7

Switchboard provides a one stop listening service for LGBT+ people on 0300 330 0630

If you're under 19 and need someone to talk to, call Childline on 0800 1111.

The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247.

Helping men escape domestic violence. Call 01823 334 244 Mon-Fri 10am-4pm

Free, flexible debt advice with practical help and support for however long it's needed. Call 0800 138 1111 Mon-Fri 8am-8pm Sat 8am-4pm

Call 0808 800 4444 if you are homeless, have nowhere to stay tonight, are worried about losing your home or are at risk of abuse or harm in your home.



BLOOMINGMIND