

Remember You Are Not Alone



Here are a few emergency helplines you can reach out to:



Samaritans

(24/7)

samaritans.org

Call: **116 123**



Calm

(5pm - midnight, Daily)

thecalmzone.net

Call: **0800 58 58 58**



Mind

(9am-6pm, Mon-Fri)

mind.org.uk

Call: **0300 123 3393**



Anxiety UK

(9:30am-5:30pm, Mon-Fri)

anxietyuk.org.uk

Call: **03444 775 774**



The Mix

(3pm-midnight, Daily)
under 25s

themix.org.uk

Call: **0808 808 4994**



No Panic

(10am-10pm, Daily)

nopanic.org.uk

Call: **0300 772 9844**

text about it

50808

Text About It

(24/7)

text50808.ie

Text 'HELLO' to **50808**

Or you can text:



Shout

(24/7)

www.giveusashout.org

Text 'SHOUT' to **85258**