

# Remember You Are Not Alone



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



## Samaritans

(24/7)

[samaritans.org](https://www.samaritans.org)

Call: **116 123**



## Calm

(5pm - midnight, Daily)

[thecalmzone.net](https://www.thecalmzone.net)

Call: **0800 58 58 58**



## Mind

(9am-6pm, Mon-Fri)

[mind.org.uk](https://www.mind.org.uk)

Call: **0300 123 3393**



## Switchboard

(10am-10pm, Daily)  
LGBTQ+

[switchboard.lgbt](https://www.switchboard.lgbt)

Call: **0300 330 0630**



## The Mix

(3pm-midnight, Daily)  
under 25s

[themix.org.uk](https://www.themix.org.uk)

Call: **0808 808 4994**



## Papyrus

(9am-midnight, Daily)  
under 35s

[papyrus-uk.org](https://www.papyrus-uk.org)

Call: **0800 068 41 41**



## Shout

(24/7)

[giveusashout.org](https://www.giveusashout.org)

Text 'SHOUT' to **85258**

Or you can text:



## YoungMinds

(24/7)

[youngminds.org.uk](https://www.youngminds.org.uk)

Text 'YM' to **85258**