



Support Links

Talking about mental health can seem daunting, but we've all had conversations with people about bereavements, breakups and other life events – they don't always start easily but they often mean a lot to a person having a tough time.

Below are some links that may be useful to yourself or individuals who may feel they need to reach out for support to a third-party organisation:

- Rethink Mental Illness Advice Line - 0300 5000 927
- Samaritans - Telephone: 116 123 (24 hours a day, free to call)
- Mates in Mind Website: www.matesinmind.org
- Saneline Telephone: 0845 767 8000 (6pm-11pm)
- Groundwork - <https://www.groundwork.org.uk/isolation-support/>
- Victim Support - <https://www.victimsupport.org.uk/> - 08 08 16 89 111
- Alcoholics Anonymous - <https://www.alcoholics-anonymous.org.uk/> - 0800 9177 650
- Anxiety UK <https://www.anxietyuk.org.uk/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>