

BE KIND TO YOUR MIND

Out of hours help and support

Samaritans

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), or email jo@samaritans.org.

SANEline

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (open 4pm–10pm every day).

Shout

If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

111/999

If you need help out of hours you can call NHS 111, or in the case of an emergency please call 999.