

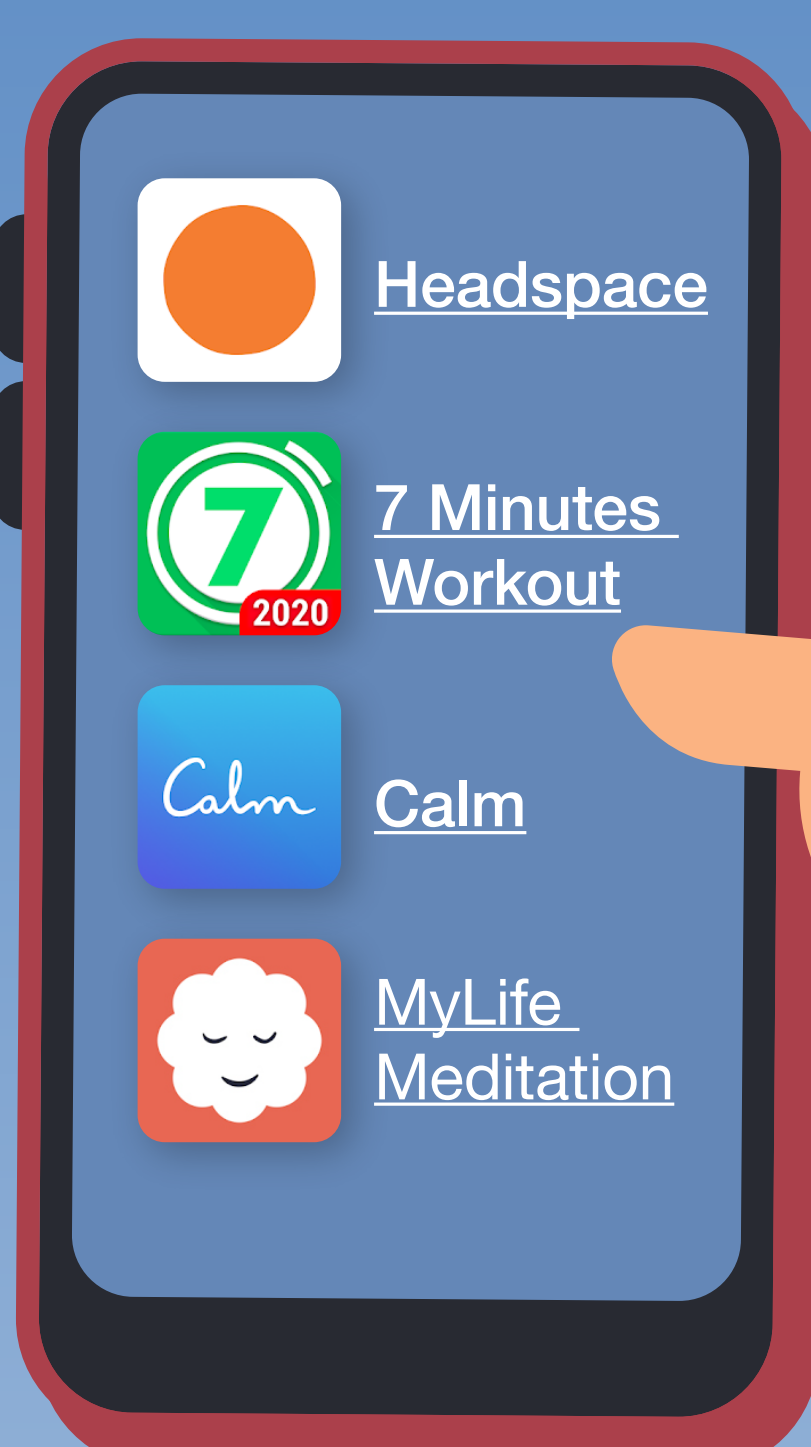
Ways to access support

I need help now

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

Apps



Online

Guidance for looking after your own mental health and wellbeing is available.

Sleep

Try to maintain regular sleeping patterns and keep good sleep hygiene practices – like avoiding screens before bed, cutting back on caffeine and creating a restful environment. The **Every Mind Matters sleep page** provides practical advice on how to improve your sleep

Podcasts

- > **NHS Couch to 5k**
- > **Happier** with Gretchen Rubin
- > **TED Talks Health**
- > **All Hail Kale**

Helpline Numbers

Cruse Bereavement Care

Phone: **0844 477 9400** (Mon-Fri, 9am-5pm)

Website: www.crusebereavementcare.org.uk

Family Lives

Phone: **0808 800 2222** (daily, 7am-midnight)

Website: www.familylives.org.uk

Relate

Phone: **0300 100 1234**
(for information on their services)

Website: www.relate.org.uk

Drinkaware

For those that are concerned about their own or someone else's drinking.

Phone: **0300 123 1110**
(weekdays 9am-8pm, weekends 11am-4pm)

Website: www.drinkaware.co.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: **0300 123 3393** (Mon-Fri, 9am-6pm)

Website: www.mind.org.uk

Refuge

Advice on dealing with domestic violence.

Phone: **0808 2000 247** (24-hour helpline)

Website: www.refuge.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD.

Phone: **0800 138 8889** (daily, 10am-10pm)

Website: www.nopanic.org.uk

Talk to Frank

National Drug education service.

Phone: **0300 123 6600**

Website: www.talktofrank.com



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