





There may be times in everyone's life when they feel low and depressed. At such times they might feel that they cannot cope. When people feel like this it is important that they can talk to someone and seek help.

If you should feel like this, or if you are concerned for someone else, here are some contacts which might be useful.

Local Help

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

Call 111

You can call **111** when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Local organisations

They provide a range of services including support groups, help lines and information. Details can be obtained from your GP, your local library, or the internet.

Citizens Advice Bureau

Helps people resolve their legal money & other problems providing them with free information and advice. **www.citizensadvice.org.uk**

NHS

The NHS website contains a range of information relating to health, medicines, services and support. **www.nhs.uk**

National Help

Samaritans

Samaritans provide a confidential service for people in despair and who feel suicidal. **116 123** or **www.samaritans.org**

SupportLine

Confidential telephone helpline offering emotional support to any individual on any issue. **0170 8765 200** or **www.supportline.org.uk**

Maytree Respite Centre

For those in a suicidal crisis, Maytree offers short-term accommodation with befriending in a confidential, supportive and non-medical environment. **020 7263 7070** or **www.maytree.org.uk**

SANE

Provides information and support to anyone affected by mental illness. **www.sane.org.uk**



BAATN

Offers psychological services for people who identify as Black, African, South Asian and Caribbean. **www.baatn.org.uk**

Refuge

Provides information service for anyone experiencing domestic abuse, and access to 24-hour emergency refuge accommodation. **0808 2000 247**
www.nationaldahelpline.org.uk

Cruse Bereavement Care

Offers help, including a free counselling service, for bereaved people whatever their age, nationality or beliefs.

0808 808 1677 or
www.cruse.org.uk

Frank

Confidential advice and information for those who are concerned, or have questions about drugs. **0300 123 6600** or
www.talktofrank.com

Alcoholics Anonymous

If you need help with a drinking problem. **0800 9177 650** or
www.alcoholics-anonymous.org.uk

GamCare

Free information, advice and support for anyone affected by gambling problems. **0808 8020 133**
www.gamcare.org.uk

British Lung Foundation

Free information, help and advice for stopping smoking.

www.blf.org.uk/support-for-you/smoking

Beat

Provides helplines, self-help groups and online support to anyone affected by eating disorders. **0808 801 0677** or
www.beateatingdisorders.org.uk

Black Minds Matter UK

Connecting Black individuals and families with free mental health services - by professional Black therapists to support their mental health.

www.blackmindsmatteruk.com

Every Mind Matters

Simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. You'll also learn about what you can do to help others.

www.nhs.uk/every-mind-matters

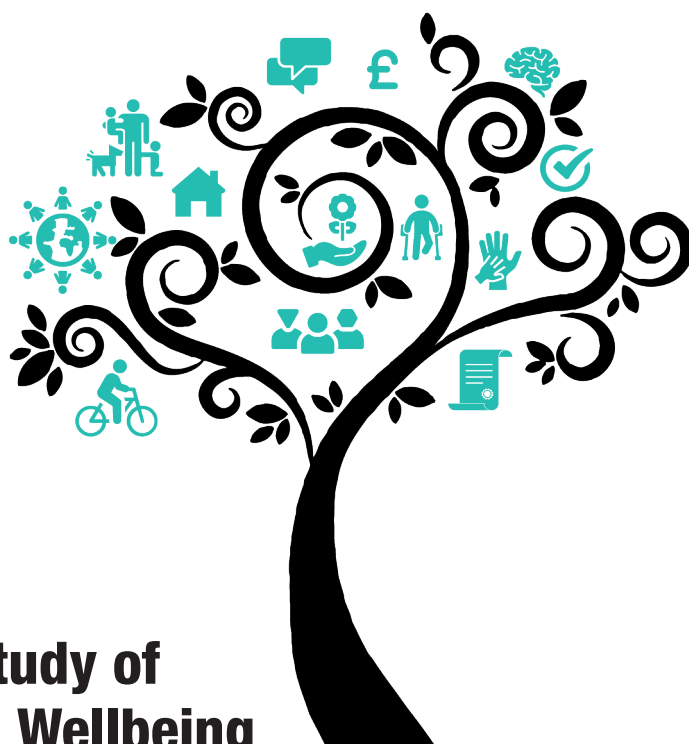
Mental Health Foundation

Offers a wide range of information about mental health issues.

www.mentalhealth.org.uk

Helplines Partnership provides a comprehensive list of mental health helplines in the UK.

www.helplines.org/helplines



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