

Wellbeing & Mental Health support at winter

The festive season can be difficult and it is important to know there is always someone there you can talk to.

You could first try talking to a trusted friend or family member, but if that is not an option, here are some organisations you can contact for help:



NHS 111
Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7 Website:
<https://www.nhs.uk/mental-health>



Mind
Mental health Helpline 9am to 6pm
Monday- Friday call 0300 102 1234
www.mind.org.uk



Men's Advice Line
For men who are victims of domestic abuse Call 0808 8010 327 Monday to Friday, 10am to 5pm) for non-judgemental information and support
<https://mensadvice.org.uk>



Samaritans
Call 116 123 or email jo@samaritans.org for a reply within 24 hours
<https://www.samaritans.org>



For women and children.
Against domestic violence.

Refuge
Helpline for women experiencing domestic abuse. Call 080 2000247, available 24/7
<https://refuge.org.uk>



For LGBT+ victims and survivors of abuse and violence. Call Galop on 0800 999 5428 for emotional and practical support.
Email help@galop.org.uk
<https://galop.org.uk/>



Calm
Mental health and suicide prevention forum and chat available from 5pm-midnight everyday Call 0800 595858
<https://www.thecalmzone.net>



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