

This is a difficult time for many of us.

No matter what you're going
through, we're here for you.

If you need support,
talk to us.



0300 123 3393
(Open 9am–6pm weekdays)
mind.org.uk



0808 801 0525
(Open 9.30am–4pm weekdays)
rethink.org



116 123 (free to call)
(Open 24/7)
samaritans.org



Text SHOUT to 85258
(Free and open 24/7)
giveusashout.org



0808 808 4994
(Open 4pm–11pm)
themix.org.uk



Call our Parents Helpline
0808 802 5544
(Open 9.30am–4pm weekdays)
youngminds.org.uk