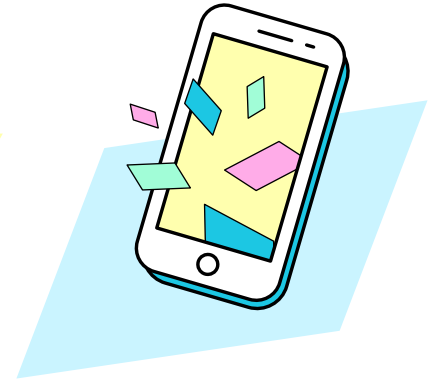


Mental Wellbeing Resources

If you'd like to make a call but don't want to do it at home, you can use our office phone. Speak to us and we'll try to find a secure, private space for you to access these services.



If you're under 25 and need help but don't know where to turn, you can:



themix.org.uk



Call The Mix on **0808 808 4994**
(Open 3pm-midnight every day)



Use the crisis text messenger service by texting
THEMIX to 85258



Request support by email through the form online at
themix.org.uk/get-support

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling:



papyrus-uk.org



Call Papyrus HopelineUK on **0800 068 4141**
(Open Weekdays 10am-10pm, Weekends and bank holidays 2pm-10pm)



Email **pat@papyrus-uk.org**



Text **07786 209 697**



thecalmzone.net

If you are struggling and need to talk, you can:



Call the CALM on **0800 58 58 58**
(5pm-midnight every day)



If you prefer not to speak on the phone, you can use the CALM webchat service at **thecalmzone.net**



giveusashout.org

Shout is a confidential 24/7 text service providing support if you are in crisis and need immediate help:



If you would prefer not to talk but want some mental health support, you can text **SHOUT to 85258**



To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year:



samaritans.org



Call **116 123** (free from any phone)



Call the Samaritans Welsh Language Line on **0808 164 0123** (7pm-11pm every day)



Email jo@samaritans.org



Visit some branches in person



If you're experiencing a mental health problem or supporting someone else, you can:



Call SANEline on **0300 304 7000** (4.30pm-10.30pm every day, for over 16s only)



National Suicide Prevention Helpline UK offer a supportive listening service to anyone with thoughts of suicide:



You can call the helpline on **0800 689 5652** (6pm-3:30am every day)



For advice and information, you can:



Call the Rethink helpline on **0808 801 0525** (open Monday to Friday 9.30am - 4pm, excluding bank holidays)



Use the web chat service at rethink.org (open from 10.00am - 1pm Monday to Friday, excluding bank holidays)



Email advice@rethink.org (who will aim to respond within 3 working days)