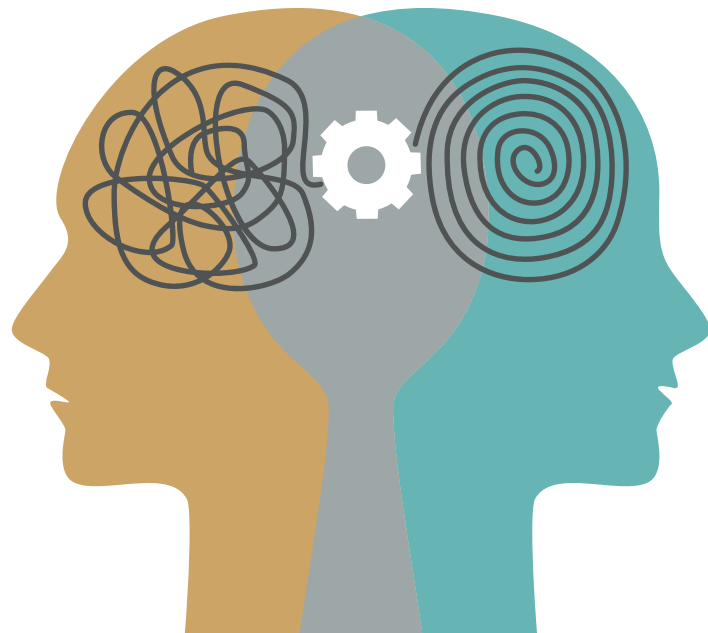


Supporting your mental health

- Feeling low?
- Feeling stressed?
- Everything getting too much?
- Feeling like no one cares?
- Feeling like you can no longer cope?
- Feeling like you are alone?

Help and support is available.



Crisis Line

Support for anyone suffering from suicidal thoughts.

Open 24 hours/7 days a week.

Tel: 0808 196 3779.

Emergency Department, Kings Mill Hospital

Tel: 01623 622515

(extensions: 4627/4628)

or 111 and ask for the Crisis Team.

Samaritans Mansfield & District

Available 24 hours/7 days a week for people struggling with mental health difficulties.

Tel: 0330 0945717

Email: jo@samaritans.org.

Web: www.samaritans.org/branches/nottingham

Shout Crisis Text Line

Text "SHOUT" TO 85258 to contact the Shout Crisis Text Line or text "YM" if you're under 19 years of age.

Email: www.giveusashout.org

The Nottinghamshire Mental Health helpline number

Available 24 hours/7 days a week to anyone struggling with their mental health.

Tel: 0808 196 3779.

Age UK

Can provide support, befriending and engaging within the community

Tel: 0115 8440011

Email: www.ageuk.org.uk

Web: www.ageuk.org.uk

Rethink

Tel: 0800 272 127.

Email: www.rethink.org

Web: www.rethink.org

Mind

Tel: 0300 123 3393.

Email: info@mind.org.uk

Web: www.mind.org.uk

The National No Panic Helpline

Helps people on the verge of a panic attack and/or who are having one to reduce the length of time an attack lasts. You do not have to be in a crisis situation to contact them.

Tel: 0300 772 9844 (10:00 - 22:00 daily)

Web: www.nopanic.org.uk

Let's Talk Wellbeing

Tel: 0300 555 5582.

www.nottinghamshirehealthcare.nhs.uk

Mental Health Crisis (adults only)

Tel: 0115 956 0860

You're not alone, support is available. Please contact the relevant agencies to talk to them about your feelings.



The Tomorrow Project

This is a confidential suicide prevention, intervention and post intervention service that help and support struggling patients. Referrals via email crisis@tomorrowproject.org.uk or Tel: 0115 880 0280 and a member of the team will respond within one working day. This is not an immediate service, and the service is open weekdays 9-5.

The service also has an out of hours drop-in service Mondays and Thursdays between 6pm and 11pm for anyone at risk of self-harm and/or suicide. Referral via www.surveymonkey.co.uk/r/Harmless-out-of-hours-pre-assessment or call/text 07925 584 716.

Papyrus

UK charity for prevention of young suicides (under 35's).

Tel: 0800 068 4141

Text: 07860 039 967

Email: pat@papyrus-uk.org

Web: www.papyrus-uk.org

CALM

The campaign against living miserably is a charity supporting men struggling with mental health difficulties.

Tel: 0800 585858.

Email www.thecalmzone.net

Turning Point Nottinghamshire Mental Health Helpline

The service is now available 24 hours/7 days a week.

Tel: 0808 196 3779

Web: www.turning-point.co.uk

Children and Young People

Children and young people's mental health services (CYPMHS) and support for parents and carers:

You may find it helpful to speak to:

- Your GP
- Someone you trust at school or college – for example a teacher
- Health visitor
- Children's centres
- Social Services – if your child is being supported by them
- Youth Offending Team – if your child is involved with them

For more information visit: www.nhs.uk

Childline

If you're under 19 years of age you can call 0800 1111 to talk to Childline or Email: www.childline.org.uk

Start Afresh helping 16-26 year olds

This service covers all areas of support.

Tel: 07702 319977

Email: jay.moore@inspireachieve.co.uk