



STAYING SAFE THIS SUMMER

If you feel that you need help or support, you may find one or more of the following services helpful.

MENTAL HEALTH

Samaritans: 116123*

Mind: 03001233393

Sane line: 03003047000

SHOUT: txt service 85258

Talking Changes: 01388616831



SUICIDE/BEREAVEMENTS

CALM: 0800585858

Papyrus: 08000684141

Cruise Bereavement Care: 08088081677

Survivors of bereavement by suicide: 03001115065



PHYSICAL HEALTH

NHS: 111

EMOTIONAL RESILIENCE NURSE

Support line: 03000263532

SELF HARM

Self Injury Support: 08088008088

DOMESTIC ABUSE & SEXUAL VIOLENCE

NSPCC: 08088005000

Rape Crisis: 0808802999

Victim Support: 08081689111