



## Suicide and Bereavements

Hopeline UK: 08000684141

Cruse Bereavement Care: 08088081677

Survivors of bereavement by

suicide: 03001115065

CALM: 0800585858

## Mental Health

Samaritans: 116123

Mind: 03001233393

Saneline: 03003047000

SHOUT txt service: 85258

Talking Changes: 01388616831

The Mix (under 25's): 08088084994

## Domestic abuse & Sexual Violence

Victim Support: 08081689111

Rape Crisis: 0808802999

NSPCC: 08088005000

Harbour: 03000202525

## Physical Health

NHS: 111

## Housing

Housing Solutions: 08081968406

Moving On: 01913831559

## Self Harm

Self Injury Support: 08088008088

## Mobile Apps

Hub of Hope

Stay Alive

Smiling Minds

Virtual Hope Box

Calm Harm

Head Space

Breathe2Relax

DistrACT

Move Mood

Combined Minds

Worth Warrior

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