



There are many organisations and websites that can provide further information and guidance.

<https://www.nhs.uk/oneyou/every-mind-matters>

<https://www.mind.org.uk/>

<https://www.connecttosupporthampshire.org.uk/mentalhealth>

<https://www.time-to-change.org.uk/>

IF YOU ARE IN URGENT NEED OF SUPPORT THEN PLEASE THINK ABOUT TELLING SOMEONE NOW OR USING ONE OF THE OPTIONS BELOW

If you are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone.

These thoughts and feelings can be complex, frightening and confusing, but you do not have to struggle alone.

If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact one of the organisations below to get support right away.

Free 24-hour listening support

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult.

Call free on 116 123 or [visit the Samaritans website](#)

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.

Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

Crisis support for young people

If you are under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends.

Call HopelineUK on 0800 068 41 41

Text 07786 209697

[Visit the Papyrus website](#)

CALM

CALM is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason

Call 0800 58 58 58 (daily, 5pm to midnight)

Free, anonymous [webchat with trained staff](#)

[Visit the CALM website](#)

**We can all feel overwhelmed sometimes.
The first step to making things better is to tell someone.**