

## Mental Health Contacts

These services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

- Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org), or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.shoutcrisis.org), or text "YM" if you're under 19

If you're under 19, you can also call [0800 1111](tel:08001111) to talk to [Childline](https://www.childline.org.uk). The number will not appear on your phone bill.

- **Samaritans.** To talk about anything that is upsetting you, you can contact [Samaritans](https://www.samaritans.org) 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or [visit some branches in person](https://www.samaritans.org/branches). You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).
  - **SANeline.** If you're experiencing a mental health problem or supporting someone else, you can call [SANeline](https://www.saneline.org) on 0300 304 7000 (4.30pm–10.30pm every day).
  - **The Mix.** If you're **under 25**, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email [using this form on The Mix website](https://www.themix.org.uk/contact) or [use their crisis text messenger service](https://www.themix.org.uk/text).
  - **Papyrus HOPELINEUK.** If you're **under 35** and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](https://www.papyrus-uk.org) on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 07786 209 697.
  - **Campaign Against Living Miserably (CALM).** If you identify as **male**, you can call the [Campaign Against Living Miserably \(CALM\)](https://www.calm.org.uk) on 0800 58 58 58 (5pm–midnight every day) or use their [webchat service](https://www.calm.org.uk/webchat).
  - **Nightline.** If you're a **student**, you can look on the [Nightline website](https://www.nightline.org.uk) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.
  - **Switchboard.** If you identify as **gay, lesbian, bisexual or transgender**, you can call [Switchboard](https://www.switchboard.lgbt) on 0300 330 0630 (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.
- Health & Wellbeing Coach - Gavin Dawson 0772455924 or via the surgery