

Useful Organisations for Negative Stress

GP

- ➡ Should be the first point of contact for someone experiencing Mental Health Difficulties
- ➡ Can refer to other specialist professionals

Community Mental Health Team

- ➡ Coordinate various treatments offered in the local community
- ➡ Can be contacted via Social Services

Samaritans

- ➡ Available 24 hours a day
- ➡ Call 116 123
- ➡ Email jo@samaritans.org

Mind

- ➡ Provide information on a range of mental health topics
- ➡ Call 0300 123 3393
- ➡ Email info@mind.org.uk

Rethink

- ➡ Provide advice and guidance
- ➡ Call 0300 5000 927
- ➡ Email advice@rethink.org

Anxiety UK

- ➡ Helpline open 9:30-5:30 Monday - Friday
- ➡ Call 08444775774

MindEd

- ➡ Free resource on children and young people's Mental Health for all adults

