


EMERGENCY CONTACTS

THE SAMARITANS


24-Hour Help line

 116 123

 www.samaritans.org

SHOUT


24-7 Text Service

 85258

 www.giveusashout.org

YOUR LOCAL MIND

Local centre and call centre

 0300 123 3393

 www.mind.org.uk

EMERGENCY NUMBERS

Call your local GP or one of these numbers:

 111

 999

