

DON'T SUFFER ALONE. PLEASE SEEK SUPPORT

URGENT SUPPORT

If you're in immediate danger, please call 999

Mental Health Helpline for Urgent Help: www.nhs.uk

The Samaritans 24-hour service: **Call 116 123**

Text SHOUT to 85258 if you are experiencing a mental health crisis and need support.

HELP FOR ALL

Mindline Somerset: **01823 276 892** or **0800 138 1692**

Somerset Counselling Centre: www.scctaunton.org.uk

Somerset Nature Connections: www.somersetwildlife.org

NHS Mental Health Services: www.nhs.uk

National Autistic Society:
www.autism.org.uk/contact-us/urgent-help

Mencap: www.mencap.org.uk/advice-and-support

Help for Heroes: www.helpforheroes.org.uk/get-help/

Urgent help for veterans in a crisis call: **0808 1914 2 18** or visit GOV.UK and search for Urgent Help for Veterans

National Bullying Helpline: **0300 323 0169** or **0845 225 5787**

State of Mind: www.stateofmindsport.org/support/

CALM Campaign Against Living Miserably: **0800 58 58 58**
www.thecalmzone.net



SAMARITANS

shout
85258



SCC SOMERSET
COUNSELLING
CENTRE



HELP for
HEROES

NATIONAL
BULLYING
HELPLINE



CAMPAIGN
AGAINST
LIVING
MISERABLY