

Mental Health Helplines



If you're in crisis and need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you, and could help you make sense of what you're feeling.

Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone

The Mix. If you're under 25, you can call The Mix on 0808 808 4994

Campaign Against Living

Miserably (CALM). If you identify as male, you can call the Campaign Against Living Miserably (CALM) on 0800 58 58 58 (5pm–midnight every day)

**REMEMBER, YOU ARE NEVER
ALONE**