

Mental Health Charities and Resources

If you are struggling with your mental health and/or feeling suicidal, or are concerned about someone you know who may be struggling, the below charities and organisations are able to provide help and advice as well as resources to help you with those thoughts and feelings:

Samaritans

Tel: 116 123 – open 24/7

@samaritans

jo@samaritans.org

www.samaritans.org

NHS Direct

Tel: 111 – open 24/7

Can provide details of local crisis support services and advise on accessing local A&E services

Mind

Tel: 0300 123 3393 – open 9am – 6pm

Monday to Friday

Text: 86463

@mindcharity

info@mind.org.uk

www.mind.org.uk

Young Minds

Tel: Parents Helpline – 0808 802 5544 – open 9:30am – 4pm Monday to Friday

@youngmindsuk

www.youngminds.org.uk

Sane

Tel: 0300 304 7000 – open 4:30pm – 10:30pm daily

@charitysane

www.sane.org.uk

You can also email through their website

Elysium Acute/PICU/HDU services provide 24 hour support, intensive assessment and stabilisation for service users suffering from an acute mental health episode. We accept planned and emergency referrals and admissions day or night. <http://bit.ly/2JLcVkJ>