

**Are you
okay?**

You're not alone... Please reach out for some support

Find your local crisis line

An NHS urgent mental health helpline can offer you advice, help speaking to a mental health professional, or an assessment to find the right care for you. Helplines are available 24/7.

Scan the **QR code** or search **NHS urgent mental health helplines**



Get crisis support via text

If you're struggling to cope and need to talk, you can start a text conversation with a trained volunteer. It's free, confidential, and available 24/7.

Text **SHOUT** to **85258** to start a conversation

Find support with Hub of Hope

Hub of Hope can help find the right support for you, in your area. Just enter your postcode and select the concerns that affect you.

Scan the **QR code** or visit **hubofhope.co.uk**



Backup 24 Hour Helpline

Backup is the UK's registered technical entertainment charity. Our free helpline is available 24 hours a day, 7 days a week, and provides a centralised access point for both urgent and non-urgent wellbeing support.

Call **0800 464 7068**

If you are at imminent risk, call **999**.