

HELP & SUPPORT

Sane

0300 304 7000
sane.org.uk

Text 'SHOUT'
to 85258

24/7 text support in the UK

Call
SAMARITANS

116 123

for free any day 24/7
samartitans.org

CALM

Dedicated to
preventing male suicide.
Call: 0800 58 58 58
thecalmzone.net

Mind

call: 0300 123 3393 text: 86463

Post: Mind Infoline,
PO Box 75225, London, E15 9FS
www.mind.org.uk

young
MINDS

Call the parents helpline
Monday to Friday 9.30am – 4pm
0808 802 5544

BLACK
MINDS
MATTER
resources

blackmindsmatteruk.com
connecting Black
individuals & families with
free mental health services

HEADSPACE
& CALM
APPS

to help reduce stress
and anxiety
www.headspace.com
www.calm.com

THE HAPPY NEWS
By EMILY COXHEAD®

