

Are you experiencing difficulties with your mental health? If you're finding it tough, there are lots of options for support. It is entirely up to you whether you contact these specific services, but we want to ensure you know there is support and help available to you.

Are you having a mental health emergency?



Young Minds

Young Minds provides a 24/7 crisis text support for people experiencing a mental health crisis. Texts are answered by trained volunteers with support from experienced clinical supervisors. Text YM to 85258 or visit their [website](#).

Shout (text service)

If you are struggling to cope and need to talk, the trained Shout Volunteers are here for you, day and night. Text SHOUT to 85258 to reach out to them or visit their [website](#).

Samaritans

The Samaritans provide a confidential service that allows you to talk through whatever concerns and worries you have, including if you have been feeling suicidal. The Samaritans are available to listen 24 hours a day, 365 days a year. You can contact the Samaritans on 0330 094 5717 or visit their [website](#).

NHS England crisis lines

If you are in England, you can find local mental health crisis lines by visiting this [website](#).

Emergency services

If your life is at risk or you are unable to keep yourself safe, call 999 for an ambulance or go to your local Accident and Emergency department.

Do you need more general advice or support?



NHS self-care advice

The NHS offers general advice on self-care and wellbeing, which you can find on their [website](#).

Other helplines

A very wide range of alternative helplines can be found [here](#).

For more information on the MindKind UK study,
please contact [Blossom Fernandes](#)