

Useful Organisations for Negative Stress

GP

- Should be the first point of contact for someone experiencing Mental Health Difficulties
- Can refer to other specialist professionals

Community Mental Health Team

- Coordinate various treatments offered in the local community
- Can be contacted via Social Services

Samaritans

- Available 24 hours a day
- Call 116 123
- Email jo@samaritans.org

Mind

- Provide information on a range of mental health topics
- Call 0300 123 3393
- Email info@mind.org.uk

Rethink

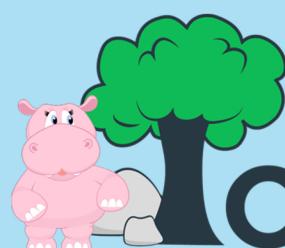
- Provide advice and guidance
- Call 0300 5000 927
- Email advice@rethink.org

Anxiety UK

- Helpline open 9:30-5:30 Monday - Friday
- Call 08444775774

MindEd

- Free resource on children and young people's Mental Health for all adults



Orchard Rock