

A Listening Post - Resource Sheet.

Local services :

GP

A&E

Someone you trust

The Samaritans offer emotional support 24 hours a day - in full confidence.

- Call 116 123 - it's FREE

Or email jo@samaritans.org.uk

ReThink Mental Illness

- different types of therapy and medication
- benefits, debt, money issues
- police, courts, prison
- your rights under the Mental Health Act.

Call Rethink on [0300 5000 927](tel:03005000927) (calls are charged at your local rate).

The Mind infoline

Mind offer an information line to answer questions about:

- types of mental health problem
- where to get help
- drug and alternative treatments
- advocacy.

Call the Mind infoline on [0300 123 3393](tel:03001233393) (UK landline calls are charged at local rates, and charges from mobile phones will vary considerably). Or email info@mind.org.uk.