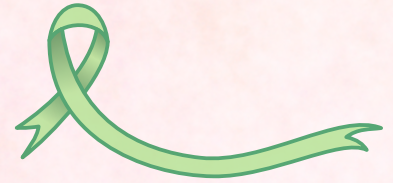


# Mental health support helplines



Service Name	Contact	Support available
<b>Samaritans</b>	<a href="https://www.samaritans.org/how-we-can-help/contact-samaritan/">https://www.samaritans.org/how-we-can-help/contact-samaritan/</a>  Call 116 123	Someone to talk to and listen
<b>The Silver Line</b>	<a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a> Call: 0800 470 8090	For people aged 55+
<b>SANELine</b>	<a href="https://www.sane.org.uk/how-we-help/emotional-support/saneline-services">https://www.sane.org.uk/how-we-help/emotional-support/saneline-services</a> Normally open every day of the year from 4pm to 10pm Call: 0300 304 7000.	SANE line is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.
<b>Mental Health Matters</b>	<a href="https://www.mhm.org.uk/helpline-webchat">https://www.mhm.org.uk/helpline-webchat</a> Call: 0800 470 0317 Available 24/7.	Helplines provide emotional support, advice and guidance
<b>SHOUT</b>	<a href="https://giveusashout.org/">https://giveusashout.org/</a> Text SHOUT to 85258	Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, trained Shout Volunteers can support.
<b>No Panic</b>	<a href="https://nopic.org.uk/">https://nopic.org.uk/</a> Call: 0300 772 9844	The No Panic Helpline operates between 10am and 10pm every day of the year. It is staffed by trained volunteers