

# NEED TO TALK?

## Are you feeling...

...Under pressure?

...Lonely?

...Annoyed?

...Unhappy?

...Confused?

...Anxious?

...Overwhelmed?

## NHS 111

For urgent advice and support -

Telephone: **111\***

Visit: **111.nhs.uk**

\*Lines open 24 hours a day, 365 days a year.  
Calls are free from landlines and mobile phones.

## SAMARITANS

For somebody to speak to -

Telephone: **116 123\***

Visit: **samaritans.org/how-we-can-help**

\*Lines open 24 hours a day, 365 days a year.  
Calls are free from landlines and mobile phones.

## MIND

For mental health information -

Telephone: **0300 123 3393\***

Visit: **mind.org.uk/helplines**

\*Lines open 9am to 6pm, Monday to Friday (except bank holidays).  
Calls charged at the standard rate.

## Have a conversation with someone you can trust.

Do you or a colleague need emotional support?  
Talking to someone could be your first step to feeling better.

There are professional services ready to listen and give you  
the appropriate support that you need.