

Do Not Suffer In Silence



Here are a few emergency helplines you can reach out to:



Samaritans

(24/7)

[samaritans.org](https://www.samaritans.org)

Call: **116 123**



SupportLine

(Hours vary)

[supportline.org.uk](https://www.supportline.org.uk)

Call: **01708 765200**



Mind

(9am-6pm, Mon-Fri)

[mind.org.uk](https://www.mind.org.uk)

Call: **0300 123 3393**



Combat Stress

(24/7)

Veterans & Families

[combatstress.org.uk](https://www.combatstress.org.uk)

Call: **0800 1381 619**



NAPAC

(10am-9pm, Mon-Fri; 10am-6pm Thu)

[napac.org.uk](https://www.napac.org.uk)

Call: **0808 801 0331**



Victim Support

(24/7)

[victimsupport.org.uk](https://www.victimsupport.org.uk)

Call: **0808 1689111**



Shout

(24/7)

[giveusashout.org](https://www.giveusashout.org)

Text 'SHOUT' to **85258**

Or you can text:



YoungMinds

(24/7)

[youngminds.org.uk](https://www.youngminds.org.uk)

Text 'YM' to **85258**