

# DON'T SUFFER ALONE. PLEASE SEEK SUPPORT

## URGENT SUPPORT

If you're in immediate danger, please call 999

Mental Health Helpline for Urgent Help: [www.nhs.uk](http://www.nhs.uk)

The Samaritans 24-hour service: **Call 116 123**

**Text SHOUT to 85258** if you are experiencing a mental health crisis and need support.

## HELP FOR ALL

Mindline Somerset: **01823 276 892** or **0800 138 1692**

Somerset Counselling Centre: [www.scctaunton.org.uk](http://www.scctaunton.org.uk)

Somerset Nature Connections: [www.somersetwildlife.org](http://www.somersetwildlife.org)

NHS Mental Health Services: [www.nhs.uk](http://www.nhs.uk)

National Autistic Society:  
[www.autism.org.uk/contact-us/urgent-help](http://www.autism.org.uk/contact-us/urgent-help)

Mencap: [www.mencap.org.uk/advice-and-support](http://www.mencap.org.uk/advice-and-support)

Help for Heroes: [www.helpforheroes.org.uk/get-help/](http://www.helpforheroes.org.uk/get-help/)

Urgent help for veterans in a crisis call: **0808 1914 2 18** or visit [GOV.UK](http://GOV.UK) and search for Urgent Help for Veterans

National Bullying Helpline: **0300 323 0169** or **0845 225 5787**

State of Mind: [www.stateofmindsport.org/support/](http://www.stateofmindsport.org/support/)

CALM Campaign Against Living Miserably: **0800 58 58 58**  
[www.thecalmzone.net](http://www.thecalmzone.net)



SAMARITANS

shout  
85258



SCC SOMERSET  
COUNSELLING  
CENTRE



HELP for  
HEROES

