

MENTAL HEALTH SUPPORT

Millions of us have experienced a mental health problem, or seen a loved one struggle. Seeking professional help can seem daunting, but it is the first step in the right direction. We are here to help you no matter what the situation is, whether it is asking for help, a shoulder to cry on or even just somebody to talk to.

Please remember you are **NEVER** wasting anybody's time, your mental health is just as important than anything else!

There are many support networks outside of our practice hours also that you can chat too anytime you need.

- Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or visit some branches in person.
- SANEline. If you're experiencing a mental health problem or supporting someone else, you can call SANEline on **0300 304 7000** (4.30pm-10.30pm every day).
- National Suicide Prevention Helpline UK
0800 689 5652 - www.spbristol.org/NSPHUK
Helpline offering a supportive listening service to anyone with thoughts of suicide, available 24/7.

