

# The Owl Centre acknowledges the importance of mental health and recognises that mental health can fluctuate over time.

At times some people benefit from additional support. If you are experiencing mental health difficulties which involve something more serious please contact either:

- 999 (if your life is at imminent risk)
- Your local GP
- Your local A&E department



**SHOUT**  
[www.giveusashout.org/get-help/](http://www.giveusashout.org/get-help/)  
Text 'Shout' or 'Hants' to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. For free, in the moment mental health support text 'HANTS' to 85258 to be connected to a trained Shout volunteer who can help with anxiety, stress, loneliness or depression. Available 24/7.



**MIND**  
[www.mind.org.uk](http://www.mind.org.uk)

Mind offers a wide range of services including counselling, guided wellbeing and online courses in subjects including anger management, sleep, preparing for therapy etc. They also offer wellbeing sessions such as yoga, arts and crafts and mindfulness.



**IS IT AN  
EMERGENCY?**  
If so, always  
Call 999

# HELP LINES

## In a crisis you can seek support from:

**SAMARITANS / [www.giveusashout.org/get-help](http://www.giveusashout.org/get-help)**

Freephone 116 123

A new self-help app to keep track of how you're feeling and get recommendations for things you can do to cope and feel better and stay safe.

**REFUGE / [www.refuge.org.uk](http://www.refuge.org.uk)**

Freephone 24-Hour National Domestic Abuse Helpline: **0808 2000 247**

**MIND / [www.mind.org.uk](http://www.mind.org.uk)**

Call **0300 123 393** or text **8643**

**SANEline / [www.sane.org.uk](http://www.sane.org.uk)**

Call **0300 304 7000**

**CALM / [www.thecalmzone.net](http://www.thecalmzone.net)**

Call **0800 58 58 58**

*Need additional support?*

**If you need additional support, please consult your GP or attend A&E.**



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# DOMESTIC VIOLENCE

**You do not have to wait for an emergency situation to find help. If domestic abuse is happening to you, it's important to tell someone and remember you're not alone.**

**STOP DOMESTIC ABUSE / [www.stopdomesticabuse.uk](http://www.stopdomesticabuse.uk)**

Call **0330 016 5112** or email [advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk)

If you are affected by domestic abuse then support is available.

## *Women can call*

**NATIONAL DOMESTIC ABUSE HELPLINE / [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)**

Freephone **0800 2000 247**

Call free at any time, day or night. The staff will offer confidential, non-judgemental information and support.

## *Men can call*

**MEN'S ADVICE LINE / [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)**

Freephone **0808 8010 327**

Call Monday to Friday (10am to 8pm), or visit the webchat at Men's Advice Line every Wednesday (10am to 11.30am and 2.30pm to 4pm) for non-judgemental information and support.

## **MANKIND**

Call their helpline on 0182 3334 244 Monday to Friday (10am to 4pm).

## *If you identify as LGBT+*

**GALOP / [www.galop.org.uk](http://www.galop.org.uk)**

Freephone **0800 9995 428**

Call for emotional and practical support for anyone LGBT+ who has experienced abuse and violence in the UK.

**KARMA NIRVANA / [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)**

Freephone **0800 5999 247**

Call Monday to Friday (9am to 5pm) for forced marriage and honour crimes. You can also call 020 7008 0151 to speak to the GOV.UK Forced Marriage Unit.



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# EMAIL SUPPORT

It is important that you specify when and if it is safe to respond and to which email address:

## *Women can email:*

**WOMENS AID / [www.womensaid.org.uk](http://www.womensaid.org.uk)  
[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)  
Staff will respond to your email within 5 working days.**

## *Men can email:*

**MEN'S ADVICE LINE / [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)  
[info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)  
Staff available Monday to Friday (9am - 5pm).**

## *LGBT+ can email:*

**GALOP / [www.galop.org.uk](http://www.galop.org.uk)  
Email [help@galop.org.uk](mailto:help@galop.org.uk)**

# SELF HARM

**Self harm can affect people of all ages and backgrounds. If you are struggling with thoughts or acts of self harm please speak with your GP.**

**SAMARITANS / [www.samaritans.org](http://www.samaritans.org)**

**116 123 / [jo@samaritans.org](mailto:jo@samaritans.org)**

24-hour emotional support for anyone who needs to talk.

**Mind / [www.mind.org.uk](http://www.mind.org.uk)**

Call 0300 123 393 or text 8643

**distrACT / [nhs.uk/apps-library/distract](https://nhs.uk/apps-library/distract)**

App which provides information and advice about self-harm.

**Harmless / [harmless.org.uk](http://harmless.org.uk)**

User-led organisation that supports people who self-harm, and their friends and family.

**National Self Harm Network (NSHN) / [nshn.co.uk](http://nshn.co.uk)**

Survivor-led online support forum for people who self-harm, their friends and families.

**The Mix / [themix.org.uk](http://themix.org.uk)**

**0808 808 4994 / 85258** (crisis messenger service, text THEMIX)

Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

**Self-injury Support / [selfinjurysupport.org.uk](http://selfinjurysupport.org.uk)**

**0808 800 8088 / 07800 472 908** (text support)

Information and support for women and girls affected by self-harm, trauma and abuse.

**YoungMinds / [youngminds.org.uk](http://youngminds.org.uk)**

**0808 802 5544** (parents helpline) / **85258** (crisis messenger service, text YM)

[youngminds.org.uk](http://youngminds.org.uk)

**LifeSIGNS / [www.lifesigns.org.uk](http://www.lifesigns.org.uk)**

User-led self-harm guidance and support network.

## *Injuries*

[www.lifesigns.org.uk](http://www.lifesigns.org.uk) has information on first aid for self-injury and self-harm but if you're concerned about an injury or not sure how to look after it, see your GP or visit A and E immediately.



The  
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# ANGER SUPPORT FOR CHILDREN

Anger can be useful, and lets children know when something is not right or fair. However, if this becomes aggressive you may need support.

## NHS

[www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/](http://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/)

## *You can also call*

YoungMinds / [www.youngminds.org.uk/parent/parents-helpline/](http://www.youngminds.org.uk/parent/parents-helpline/)  
Freephone on 0808 802 5544  
(9.30am to 4pm, Monday to Friday).

MindEd (NHS) / [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)

Information and support is available on their website around what to do in a crisis.

## *In an emergency*

Please speak with your GP if you have any concerns about your child's behaviour.

If you are concerned about the safety of your child always visit A&E or call 999.