

# ORGANISATIONS for NEGATIVE STRESS

## Community Mental Health Team

- Coordinate various treatments offered in the local community
- Can be contacted via Social Services

## Samaritans

- Available 24 hours a day
- Call 116 123
- Email [jo@samaritans.org](mailto:jo@samaritans.org)

## Mind

- Provide information on a range of Mental Health topics
- Call 0300 123 3393
- Email [info@mind.org.uk](mailto:info@mind.org.uk)

## Rethink

- Provide advice and guidance
- Call 0300 5000 927
- Email [advice@rethink.org](mailto:advice@rethink.org)

## Anxiety UK

- Helpline open 9:30am - 5:30pm Mon-Fri
- Call 08444775774

## MindED

- Free resources on children & young people's Mental Health for all adults