

## Useful contacts:

Should you, or someone you know, be going through a difficult time a visit to your GP is the place to go to talk about how you are feeling.

On both sides of this card you will find a range of contact numbers and web addresses. Please contact any of the organisations if you feel you, or someone you know, would like information or support.

**We hope you will keep this card for future reference.**

### **MindinfoLine 0845 766 0163**

email: [info@mind.org.uk](mailto:info@mind.org.uk)

(Open Monday to Friday 9am to 5pm)

The MindinfoLine service is run by a dedicated team of specialists providing information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy

### **Mind's Legal Advice Service 0845 2259393**

email: [legal@mind.org.uk](mailto:legal@mind.org.uk)

The Mind legal service provides legal information and advice on mental health related law covering mental health, community care, capacity, discrimination/equality and human rights

### **Samaritans 08457 90 90 90**

email: [jo@samaritans.org](mailto:jo@samaritans.org)

Confidential emotional support 24 hours a day

### **NHS Direct 0845 4647**

NHS Direct offer people in England and Wales medical information and advice by phone or over the internet. They can also refer callers to various self help and support organisations

### **Rethink National Information and Advice Service 0845 456 0455**

email: [advice@rethink.org](mailto:advice@rethink.org)

(Open Monday to Friday 10am to 2pm)

Rethink's National Information and Advice Service provides expert advice and information on issues that affect the lives of people coping with mental illness.

### **SANEline - 0845 767 8000**

(6pm-11pm every day)

Support, information and advice for anyone affected by mental health problems



**Triangulate**

working towards mentally healthy workplaces

[www.triangulate.org.uk](http://www.triangulate.org.uk)

email: [info@triangulate.org.uk](mailto:info@triangulate.org.uk)

Useful contacts:

**Time to Change**

[www.time-to-change.org.uk/home](http://www.time-to-change.org.uk/home)

**Solent Mind**

[www.solentmind.org.uk](http://www.solentmind.org.uk)

**Hampshire Partnership Foundation NHS Trust**

[www.hampshirepartnership.nhs.uk](http://www.hampshirepartnership.nhs.uk)

**British Association for  
Counselling and Psychotherapy (BACP)**

01455 883316

[www.bacp.co.uk](http://www.bacp.co.uk)

Additional contacts for employers:

**Health for Work Advice Line**

[www.health4work.nhs.uk](http://www.health4work.nhs.uk)

Call free on 0800 0 77 88 44

your first step for a healthier business

**Mindful Employer**

[www.mindfulemployer.net](http://www.mindfulemployer.net)

**Shift**

[www.shift.org.uk/work/employmnet](http://www.shift.org.uk/work/employmnet)

**Mind**

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

**Shaw Trust**

[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

**Health and Safety Executive**

[www.hse.gov.uk/stress](http://www.hse.gov.uk/stress)

**Sainsbury Centre for Mental Health**

[www.scmh.org.uk/employment](http://www.scmh.org.uk/employment)

**Mental Health First Aid**

[www.mhfa.org.uk](http://www.mhfa.org.uk)



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