

Sources of Support 2022

Samaritans	<p>helpline: 116 123 email: jo@samaritans.org web: www.samaritans.org</p> <p>Freepost RSRB-KKBY-CYJK PO Box 90 90, Stirling FK8 2SA</p>	24-hour support for anyone in distress or despair.
Mind	<p>Infoline: 0300 123 3393 (Mon to Fri 9am to 6pm) email: info@mind.org.uk</p>	Details of local Minds and other local services, including peer support groups and volunteering opportunities in Mind shops, and Mind's Legal Advice Line. Language Line is available for talking in a language other than English.
Anxiety UK	<p>helpline: 03444 775 774 Mon -Fri 9.30am to 5.30pm web: anxietyuk.org.uk</p>	Support and information for people suffering from anxiety disorders. (You need to become a member to access helpline).
CALM – Campaign Against Living Miserably	<p>helpline: 0800 585858 7 days a week 5pm to midnight (plus webchat) web: thecalmzone.net/help/get-help/</p>	
Shout	<p>text: 85258 web: https://www.giveusashout.org/</p>	<p>Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.</p> <p>Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.</p>
Elefriends	<p>web: www.elefriends.org.uk</p>	Mind's supportive online community.
Southern Health NHS Foundation Trust – our local health provider	<p>web: southernhealth.nhs.uk/</p> <p>Call: 111</p> <p>Website: www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/</p>	NHS 111 are available to help if you have an urgent medical problem. They have mental health nurses available 24/7.
italk	<p>call: 023 8038 3920 email: info@italk.org.uk web: www.italk.org.uk</p>	Local talking therapy service, (Hampshire service for people aged 16+). You can self refer to this service or be referred by your GP.

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Wellbeing Centre - Romsey	tel: 01264 332297 email: well-being@andovermind.org.uk web: andovermind.org.uk/well-being/	Hampshire Carers Centre 9 Love Lane, Romsey (Tuesday afternoon and Wednesday morning)
Man Gang	tel: 0330 0436525 email: mangangromsey@gmail.com facebook: Man Gang web: mangang.org	Saints Public House Kendal Avenue Southampton SO16 9LP Wednesdays at 6.30pm – a chance for men to have conversations about their mental health issues
Tree of Life Cafe	email: shftchaplains@nhs.net facebook: Tree of Life	Come and enjoy a cuppa on Mondays 3.00-5.00pm term-times
Silver Line	t: 0800 4 70 80 90	The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.
Youth in Romsey	www.yir.org.uk e: youthinromsey.yir@gmail.com t: 01794 500581	Youth in Romsey is a support centre for all young people aged between 6-25 years. A charity organisation that started in 2000. Aim is to help young people according to their needs, to explore issues affecting their lives, to solve problems and to help them make informed decisions.
Young Minds	www.youngminds.org.uk Parent's helpline: 0808 802 5544 Young people text: YM to 85258	UK's leading charity fighting for children and young people's mental health
Childline	www.childline.org.uk Helpline: 0800 1111	Childline is here to help anyone under 19 in the UK with any issue they're going through. Free, confidential and available any time, day or night.
To find a local counsellor (privately):	https://www.counselling-directory.org.uk/search.php?reset_session=yes&search=romsey	
British Association for Counselling and Psychotherapy (BACP)	tel: 01455 883 300 web: itsgoodtotalk.org.uk	Details of practitioners in your area

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