

# Signposting Support 2024



Samaritans	<p>helpline: 116 123  email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>  web: <a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>Freepost SAMARITANS LETTERS</p>	24-hour support for anyone in distress or despair, whatever you're going through.
Mind	<p>Infoline: 0300 123 3393 (Mon to Fri 9am to 6pm)  email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a></p> <p>Legal line: 0300 466 6463 (Mon to Fri 9am to 6pm).</p>	<p>Details of local Mind branches and other local services, including peer support groups and volunteering opportunities in Mind shops.</p> <p>Mind's Legal Advice Line – legal information and general advice on mental health related law  Language Line is available for talking in a language other than English.</p>
Anxiety UK	<p>helpline: 03444 775774 Mon -Fri 9.30am to 5.30pm  text support: 07537 416905</p> <p>web: <a href="http://anxietyuk.org.uk">anxietyuk.org.uk</a></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: <a href="http://thecalmzone.net/help/get-help/">thecalmzone.net/help/get-help/</a></p>	<p>We stand together with everyone who's struggling with life, no matter who they are, where they're from or what they're going through. And we do it through our life-saving services, national campaigns, and by building communities. Support also for those bereaved by suicide through the Support After Suicide Partnership (SASP).</p>
Shout	<p>text: 85258  web: <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></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. 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>

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Side by Side	<p>web: <a href="https://www.mind.org.uk/information-support/side-by-side-our-online-community/">https://www.mind.org.uk/information-support/side-by-side-our-online-community/</a></p> <p>24/7 online community</p>	Mind's supportive online community.
Hampshire and Isle of Wight Healthcare – NHS Foundation Trust - our local health provider	<p>Website: <a href="https://hiowhealthcare.nhs.uk/our-services/mental-health-services">https://hiowhealthcare.nhs.uk/our-services/mental-health-services</a></p> <p>tel: 111</p>	NHS 111 are available to help if you have an urgent medical problem. They have mental health nurses available 24/7.
Talking Therapies Hampshire (NHS) - previously called italk	<p>tel: 023 8038 3920</p> <p>email: <a href="mailto:info@italk.org.uk">info@italk.org.uk</a> eb: <a href="http://www.italk.org.uk">www.italk.org.uk</a></p>	Local talking therapy service, (Hampshire service for people aged 16+). You can self refer to this service or be referred by your GP – you need to be registered with a Hampshire GP
Steps 2 Wellbeing	<p>tel: 0800 612 7000</p> <p>email: <a href="mailto:dhc.sstw@nhs.net">dhc.sstw@nhs.net</a></p> <p>web: <a href="https://www.steps2wellbeing.co.uk/">https://www.steps2wellbeing.co.uk/</a></p>	Local talking therapy service, (Southampton and Dorset service for people aged 16+). You can self refer to this service or be referred by your GP – you need to be registered with a Southampton GP (other contact numbers for Dorset referrals – see website)
Wellbeing Centre - Romsey	<p>tel: 01264 332297</p> <p>email: <a href="mailto:well-being@andovermind.org.uk">well-being@andovermind.org.uk</a></p> <p>web: <a href="https://www.andovermind.org.uk/services/wellbeing/">https://www.andovermind.org.uk/services/wellbeing/</a></p>	<p>Hampshire Carers Centre 9 Love Lane, Romsey</p> <p>(Wednesdays)</p> <p>Other venues across Hampshire – see website</p>
Man Gang	<p>tel: 0330 0436525</p> <p>email: <a href="mailto:mangangromsey@gmail.com">mangangromsey@gmail.com</a></p> <p>facebook: Man Gang</p> <p>web: <a href="https://mangang.org">https://mangang.org</a></p>	<p>Wednesdays at 6.30pm – a chance for men to have conversations about their mental health issues</p> <p>Weekly meetings in Eastleigh</p>

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Tree of Life Cafe	email: <a href="mailto:chaplains@southernhealth.nhs.uk">chaplains@southernhealth.nhs.uk</a> facebook: Tree of Life	Come and enjoy a cuppa on Wednesday at the Appletree Centre, Romsey 2.00-4.00pm term-times
Silver Line	tel: 0800 4 70 80 90 web: <a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a>	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	tel: 01794 500581 web: <a href="https://www.yir.org.uk">https://www.yir.org.uk</a>  email: <a href="mailto:youthinromsey.yir@gmail.com">youthinromsey.yir@gmail.com</a>	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	Parent's helpline: 0808 802 5544 Young people text: YM to 85258 web: <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>	UK's leading charity fighting for children and young people's mental health
Childline	helpline: 0800 1111 web: <a href="http://www.childline.org.uk">www.childline.org.uk</a>	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):	<a href="https://www.counselling-directory.org.uk/search.php?reset_session=yes&amp;search=romsey">https://www.counselling-directory.org.uk/search.php?reset_session=yes&amp;search=romsey</a>	
British Association for Counselling and Psychotherapy (BACP)	tel: 01455 883 300 web: <a href="http://itsgoodtotalk.org.uk">itsgoodtotalk.org.uk</a>	Details of practitioners in your area