

National Helplines and Support

SAMARITANS

Call the free 24 hr helpline on **116 123**
or email jo@samaritans.org.
samaritans.org

Cameron Grant MEMORIAL TRUST

Text CAM to 85258 for free 24/7 mental
health crisis support.
camgrant.org.uk



Contact the national mental health charity
on 0300 123 3393 or text 86463.
mind.org.uk



If you are under 35 and experiencing
thoughts of suicide, or if you are worried
about a young person, call 0800 068 4141
or text 07860 039967.
papyrus-uk.org/hopelineuk



If you are a young person, text YM to
85258 for free 24/7 support. If you want
the charity's Parent Helpline, call 0808
802 5544.
youngminds.org.uk



If you have an urgent medical problem
and you're not sure what to do, call the
NHS on 111.
www.england.nhs.uk

Leaflet produced by Re-Solv | T: 01785 817885 | [@resolvUK](https://www.resolvUK.com) | resolv.org

Looking after your

MENTAL HEALTH



Approximately 1 in 4 people in the UK will experience a mental health problem each year. If you have concerns about your mental health, please make an appointment to speak with your GP. In addition, this leaflet contains useful tips and information about other local support services that you may find helpful.

Please don't struggle alone.



Re-Solv

Tips for looking after your mental health:



It's important to make time for yourself;



Try not to be too self-critical or compare yourself to others;



Exercise - even walking for 20 minutes each day can help;



Get good quality sleep - it makes a big difference to how we feel;



Connect with people - maybe volunteer or help with community activities;



If you're using alcohol, food, gambling or drugs to cope, think about seeking help;



If you experience anxiety, try learning techniques to manage this (see self-care-for-anxiety at mind.org.uk);



Take small steps and reach out for help when you need it.



The NHS guide, Every Mind Matters, is a great place to get more tips:
www.nhs.uk/oneyou/every-mind-matters

Starfish Health & Wellbeing in Stafford

If you are over 16 and suffering emotionally, call 01785 243 002 for a referral into the service.
starfishhealthandwellbeing.co.uk

Stafford Bereavement & Loss Service

Local charity offering support to people who are experiencing grief. Call 01785 273768 for help.
staffordbereavementsupport.org.uk

Drugs & Alcohol

If you are struggling with drugs and/or alcohol, call the Stafford support service on 01785 270080 for adults, 01785 241393 for young people under 20.

Andy's Man Club Stafford

A group for men, so they have a safe place to discuss anything on their minds - every Monday at 7pm (not Bank Hols) at Stafford Rugby Club.



Andys Man Club Stafford

Staffordshire Women's Aid

Free and confidential support for victims of domestic or sexual violence/abuse. Call the 24hr Helpline on 0300 330 5959.

staffordshirewomensaid.org

Staffordshire Mental Health Helpline

Call free on 0808 800 2234 or text 07860 022821, Mon to Fri 7pm-2am; Sat/Sun 2pm-2am.

brighter-futures.org.uk/staffordshire-mental-health-helpline/