

SUPPORT SIGN POSTS

THE MEN'S MIND PROJECT.

FIND OUR SOCIALS & MORE [LINKTR.EE/THEMENS Mind PROJECT](https://linktr.ee/themensmindproject)



Adferiad
adferiad.org

Mental health information and support for Wales

Campaign Against Living Miserably (CALM)
0800 58 58 58 - thecalmzone.net
listening services, information and support

Hearing Voices Network
hearing-voices.org
Information and support for people who hear voices or have other unshared perceptions

NHS UK
nhs.uk - 111 - signvideo.co.uk/nhs111/ (BSL)
Information about health problems and treatments

Papyrus HOPELINEUK
0800 068 41 41 - 07860039967 (text) - papyrus-uk.org
Support for under-35s at risk of suicide and those concerned about them

Rethink Mental Illness
08088010525 - rethink.org
Information, advice, and a network of local support groups

Sane
sane.org.uk - 0300 304 7000
Emotional support and information for mental health problems.

Student Minds
0808 808 4994 - studentminds.org.uk
Mental health charity that supports students

YoungMinds
0808 802 5544 - 85258 (text YM) - youngminds.org.uk
Information & support for young people and their carers

Anxiety UK
03444 775 774 - 07537 416 905 (text) - anxietyuk.org.uk
Advice and support for people living with anxiety.

FRANK
0300 123 6600 - talktofrank.com
Confidential advice and information about drugs

MindOut
mindout.org.uk - 01273 234839
Mental health service run by and for LGBTQ+ people

No Panic
0300 7729844 - nopanic.org.uk
Provides a helpline, step-by-step programmes, and support for people with anxiety disorders

PTSD Resolutions
0300 302 0551 - ptsdresolution.org
Support for UK armed forces veterans, reservists, and families

Samaritans
116 123 (freephone) - jo@samaritans.org
samaritans.org - 0808 164 0123 (Welsh)
Freepost SAMARITANS LETTERS

SHOUT
Text 85258 - giveusashout.org
Advice and support for people living with anxiety.

Switchboard LGBT+ Helpline
0800 0119 100 - switchboard.lgbt
hello@switchboard.lgbt
support for the LGBT+ community