

# Let's connect

## #MentalHealthAwarenessWeek

There is help and support out there

### 24/7 CRISIS AND EMOTIONAL SUPPORT

Samaritans Helpline: 116 123

Shout: Text SHOUT to 85258

### MENTAL HEALTH SUPPORT

Mind's Infoline: 0300 123 3393

Rethink Mental Illness:

<https://www.rethink.org/>

TEAMmate:

<https://www.switchtheplay.com/services/mental-health-support-services/teammate-emotional-support/>

### RESOURCES TO LOOK AFTER YOUR EMOTIONAL WELLBEING

NHS: <https://www.nhs.uk/mental-health/>

Mental Health UK: <https://mentalhealth-uk.org/>