



You're not alone this Christmas



0808 808 4000
www.nationaldebtline.org



0300 7729844
www.nopanic.org.uk



Text 85258
www.giveashout.org



0808 808 1677
www.cruse.org.uk



0800 58 58 58
www.thecalmzone.net



0300 123 3393
www.mind.org.uk



116 123
www.samaritans.org.uk

Don't suffer in silence.

For more support organisations, you can find the Everymind Mental Health Support Directory on www.everymindatwork.com.