Mental Health Self Care Guide



Mental Health conditions affect 1 in 4 people in the UK. Anyone can suffer from a mental health condition & many celebrities have spoke about their experiences; from Prince Harry, Adele, J.K Rowling & Mariah Carey. Mental health conditions can affect anyone at anytime, but there are steps we can take to promote our own mental health.



Helpful Numbers

- The Samaritans A listening service. Phone: 116 123
- Shout Personal crisis support line. Text - 85258
- Support Line Emotional support service.
- Phone 01708 765200











The NHS also has services

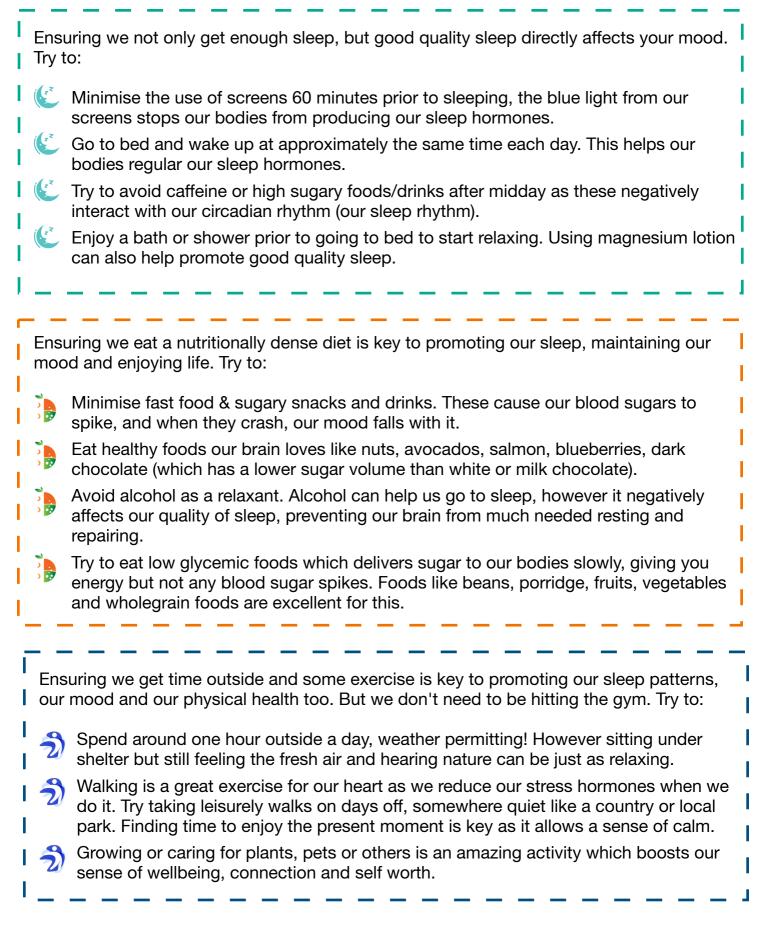
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