

# Mental Health Services



CALM (Campaign Against Living Miserably)  
5pm-midnight, 365 days a year  
0800 58 58 58 / [www.thecalmzone.net](http://www.thecalmzone.net)

C.A.L.L. Mental Health  
Helpline for Wales  
Freephone 0800 132 737  
or text help to 81066  
Open 24/7 365 days of the year  
[www.callhelpline.org.uk](http://www.callhelpline.org.uk)



Mind  
We're open Monday to Friday,  
9am to 5pm on 020 8215 2243  
[www.mind.org.uk](http://www.mind.org.uk)



Samaritans  
Call us any time, from any phone for  
FREE on 116 123  
or a chat function via  
[www.samaritans.org](http://www.samaritans.org)

