

Mental Health Support



Mind: www.mind.org.uk

Help Line: 0300 123 3393



SAMARITANS

The Samaritans logo consists of the word "SAMARITANS" in white, uppercase, sans-serif font, centered within a solid green rectangular box.

Website: www.samaritans.org

Help Line: 116 123



Website: giveusashout.org

Text: 85258



shout
85258

The Shout logo features the word "shout" in a bold, lowercase, blue font. Below it, the number "85258" is written in white inside a dark blue speech bubble shape.