

With another lockdown happening, please remember if you're struggling and you feel hopeless, you're not alone!!

Can these helplines get shared far and wide for those who may need someone to talk to during this uncertain time?

Samaritans 116 123
Anxiety UK 03444 775 774
Mind 0300 123 3393
Calm 0800 58 58 58
Crisis text line (text)85258
Child-line 0800 11 11

