

# MENTAL HEALTH HELP & SUPPORT SERVICES



**Your mental wellbeing as a volunteer is important and you should prioritise it at all times.**

**If you don't look after yourself you won't be able to help the people you support by volunteering.**

**If you, or anyone in your club or group, are experiencing mental health problems or need support, there are lots of places you can go to for help.**

## **The Mental Health Foundation**

Website: [www.mentalhealth.org.uk/publications/how-to-mental-health](http://www.mentalhealth.org.uk/publications/how-to-mental-health)

Provides advice on how to look after your mental health including ten practical ideas such as keeping active, eating well and talking about your feelings.

## **Samaritans**

Telephone: 116 123 (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

## **Mind Infoline**

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Website: [www.mind.org.uk/help/advice\\_lines](http://www.mind.org.uk/help/advice_lines)

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.

## **Rethink Mental Illness Advice Line**

Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Email: [info@rethink.org](mailto:info@rethink.org)

Website: [www.rethink.org/about-us/our-mental-health-advice](http://www.rethink.org/about-us/our-mental-health-advice)

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.

## **Saneline**

Telephone: 0845 767 8000 (6pm-11pm)

Website: [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

## **ChildLine**

Telephone: 0800 1111

Email: [www.childline.org.uk/Talk/Pages/Email.aspx](http://www.childline.org.uk/Talk/Pages/Email.aspx)

Website: [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

## **Elefriends**

Website: [www.elefriends.org.uk](http://www.elefriends.org.uk)

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Our "Being active" theme helps community members easily share and find content about being active, to motivate, inspire and support each other. To sign up you need an email address, username and to input your date of birth.