

# PJOYS

## CRISIS SUPPORT

IF YOU ARE IN CRISIS AND CONCERNED FOR  
YOUR OWN SAFETY OR THAT OF SOMEONE ELSE,  
CALL 999 ~~111~~ OR GO TO A&E.

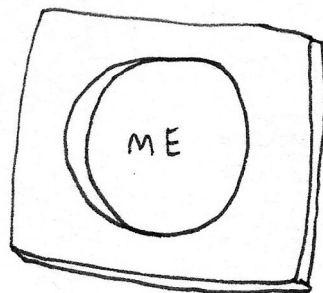
YOU CAN ALWAYS SPEAK TO SAMARITANS ON 116 123  
OR EMAIL JO@SAMARITANS.ORG

## GENERAL SUPPORT

MIND - SUPPORT, INFORMATION AND WHERE  
TO GET HELP 0300 123 3393  
OR INFO@MIND.ORG

YOUNG MINDS - SUPPORT FOR CHILDREN  
AND TEENS, PLUS A HELPLINE FOR PARENTS  
AND GUARDIANS 0808 802 5544  
YOUNGMINDS.ORG.UK

PLEASE BE THE POSITIVE  
TO MY NEGATIVE.



Wear your PJs  
Artwork by David Shillinglaw

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AND GUARDIANS 0808 802 5544  
YOUNGMINDS.ORG.UK

SANEline - OFFERS SUPPORT AND INFORMATION  
0300 304 7000

CALM - THE CAMPAIGN AGAINST LIVING  
MISERABLY (CALM) IS A SUPPORT LINE  
FOR MEN 0800 585 858

THE SILVER LINE - IS A HELP AND INFORMATION LINE  
FOR THOSE AGED OVER 55 0800 4708 090

CHILDLINE - IS A CONFIDENTIAL LINE FOR CHILDREN  
IF THEY NEED HELP OR ADVICE 0800 1111

## SPECIALIST MENTAL HEALTH SUPPORT

### ANXIETY DISORDERS

ANXIETY UK - A CHARITY WORKING TO RELIEVE  
AND SUPPORT THOSE LIVING WITH ANXIETY

07537 416 905 (TEXT)

03444 775 774 ANXIETYUK.ORG.UK



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NO PANIC - SUPPORT AND INFORMATION 0844 9674848  
YOUTH HELPLINE (13-20 YEAR OLDS) 0330 606 1174  
~~NO P~~ NOPANIC.ORG.UK

OCD ACTION - SUPPORT AND ADVICE FOR THOSE LIVING  
WITH OBSESSIVE COMPULSIVE DISORDER  
0845 390 6232

SUPPORT@OCDACTION.ORG.UK

PTSD UK - INFORMATION AND GUIDANCE  
ON WHERE TO GET HELP FOR PTSD PTSDUK.ORG

ASSIST TRAUMA CARE - OFFERS SUPPORT FOR  
ADULTS AND CHILDREN, INDIVIDUALS AND FAMILIES,  
AFFECTED BY A WIDE RANGE OF TRAUMATIC  
OCCURRENCES 01788 560 800 ASSISTTRAUMACARE.ORG.

DEPRESSION UK - SUPPORT AND FRIENDSHIP UK  
FOR ANYONE EFFECTED BY DEPRESSION  
DEPRESSIONUK.ORG

BIPOLAR DISORDER - ADVICE AND SUPPORT  
0333 323 3880 BIPOLARUK.ORG

BORDERLINE PERSONALITY DISORDER (BPD) BPD WORLD  
INFORMATION ABOUT BPD AND TO SEARCH FOR  
SUPPORT GROUP AND HELP BPDWORLD.ORG.UK

SCHIZOPHRENIA - LIVING WITH SCHIZOPHRENIA  
SUPPORT AND INFORMATION - LIVINGWITHSCHIZOPHRENIA.  
ORG

~~BEATING~~ BEAT EATING DISORDERS -

BEAT OFFERS SUPPORT AND INFORMATION FOR THOSE  
LIVING WITH EATING DISORDERS.

ADULT HELPLINE: 0808 801 0677

HELP@BEATEATINGDISORDERS.ORG.UK

STUDENT LINE: 0808 801 0811

STUDENT@BEATEATINGDISORDERS.ORG.UK

YOUTHLINE: 0808 801 0711

RYP@BEATEATINGDISORDERS.ORG.UK

LIVE ~~1-2-1~~ 1-2-1 WEBCHATS ARE AVAILABLE.

OTHER SUPPORT RELATING TO  
MENTAL HEALTH.

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ABUSE

NATIONAL DOMESTIC VIOLENCE  
FREEPHONE HELPLINE - RUN IN PARTNERSHIP  
BETWEEN REFUGE AND WOMEN'S AID  
0800 2000 247 ~~NATIONAL DO~~  
NATIONALDOMESTICVIOLENCEHELPLINE.ORG.UK

FINANCIAL ~~CRISIS~~ CRISIS

STEPCHANGE DEBT CHARITY - PROVIDING  
COMPREHENSIVE DEBT ADVICE STEPCHANGE.ORG  
(LIVE CHAT AVAILABLE)

CITIZENS ADVICE BUREAU - PROVIDE FREE,  
CONFIDENTIAL AND INDEPENDENT ADVICE TO HELP  
PEOPLE OVERCOME THEIR PROBLEMS  
CITIZENSADVICE.ORG.UK

ADVICELINE: 03444 111 444

TEXT RELAY: 03444 111 445

ADDICTION

ALCOHOLICS ANONYMOUS - A HELPLINE FOR THOSE  
WITH ALCOHOL ISSUES, STAFFED BY RECOVERING  
ALCOHOLICS 0800 9177650  
ALCOHOLICS-ANONYMOUS.ORG.UK

BEREAVEMENT

THE BEREAVEMENT TRUST - A CHARITY SUPPORTING  
PEOPLE THROUGH GRIEF 0800 435 455

BEREAVEMENT-TRUST.ORG.UK

MATERNAL MENTAL ~~HEALTH~~ HEALTH

BEST BEGINNINGS WWW.BESTBEGINNINGS.ORG.UK

MATERNAL MENTAL HEALTH ALLIANCE - CARE AND  
SUPPORT FOR WOMEN DURING PREGNANCY AND IN  
THE YEARS AFTER GIVING BIRTH.

MATERNAL HEALTH ALLIANCE.ORG

LGBT + SUPPORT

STONEWALL - INFORMATION AND SUPPORT NEAR YOU  
STONEWALL.ORG.UK