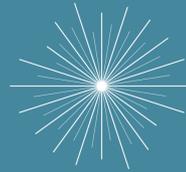


ESSENCE



Counselling & Psychotherapy

Mental Health Support Information

If you need to talk to someone...

The Samaritans



Available 24 / 7 for anyone needing to talk to someone.



Non-judgemental service.



Trained people, ready to listen and support you.



Call: 116 123 to speak to someone (freephone).



Visit: [samaritans.org](https://www.samaritans.org) for more information.

If you need urgent help...

NHS Urgent Mental Health Helplines



For 24 hour support in a crisis for yourself or someone you care for.

To find urgent NHS support in your area, visit: [Local NHS Support](#)

If unable to speak to your local helpline, call **111** for advice or use the [NHS 111 Online Service](#)

Shout Crisis Text Line

Text "SHOUT" to **85258**

Text "YM" if you're under 19



Create a Safety Plan

If you have struggled with thoughts of suicide or serious harm to yourself, creating a safety plan for such times can help. Here is a template that can be used as a guide: [Template](#)