



# You're not alone this **CHRISTMAS**

AnxietyUK



03444 775 774  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**SAMARITANS**

116 123  
[www.samaritans.org](http://www.samaritans.org)



0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)



0800 068 41 41  
[www.papyrus-uk.org](http://www.papyrus-uk.org)



0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)



0808 2000 247  
[www.refuge.org.uk](http://www.refuge.org.uk)

**YOUNG  
MINDS**

TEXT YM to 85258  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Switchboard**  
LGBT+ helpline

0300 330 0630  
[www.switchboard.lgbt](http://www.switchboard.lgbt)

**shout**  
**85258**

here for you 24/7  
TEXT SHOUT to 85258  
[www.giveusashout.org](http://www.giveusashout.org)



0800 58 58 58  
[www.thecalmzone.net](http://www.thecalmzone.net)



0808 801 0677  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)



0800 9177 650  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Other support organisations are available  
Please don't suffer in silence

