

Christmas Contacts

Important numbers for anyone struggling this festive period

Anxiety UK – 03444 775 774

Beat – Eating disorder support, 0808 8010677

Bristol Mental Health Crisis Line – 0300 555 0334 (24/7)

Bristol Mind MindLine – 0117 203 4419

CALM – 0800 58 58 58

Caring in Bristol (homelessness support charity) – 0117 924 4444

Childline (under 19) – 0800 1111

Clifton Suicide Prevention – 0800 689 5652

Depression Alliance – 020 7837 1633

Lifeline / Samaritans Text Service – text HELLO to 85258

Mind – 0300 123 3393 (Mon–Fri)

Mindline – 0300 330 0630

National Domestic Abuse Helpline – 0808 200 0247 (24-hour)

No Panic – Anxiety, phobias, OCD – 0300 772 9844

PTSD Resolution – 0845 603 6171

Rethink Mental Illness – 0300 5000 927

SAMARITANS – 116 123 (24hrs)

SHOUT – Text SHOUT to 85258 (24/7)

SupportLine – General mental health support – 01708 765 200

Switchboard LGBT+ Helpline – 0300 330 0630

Womankind Bristol – 0345 458 2914 / 0117 916 6461

YoungMinds – 0808 802 5544

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