2. Other Sources of Support

If you need support quickly, or you think that activist sources of emotional and trauma support may not suit you, then you may find these resources helpful.

Sane Line – Emotional support on the phone 6pm – 11pm: 0845 767 8000

Samaritans – Emotional support on the phone 24/7: 08457 90 90 90, or jo@samaritans.org

Mind – information & advice on mental health issues, including guides for dealing with suicidal thoughts.

- **Info line (e.g. for sources of help, info on mental health diagnoses): 0300 123 3393 or info@mind.org.uk or text 86463**
- **Legal advice line (e.g. mental health act questions): 0300 466 6463 or legal@mind.org.uk**

Rethink Mental Illness – Advice line for practical mental health issues 0300 5000 927 (Mon-Fri 10am to 2pm)

Assist Trauma Care – offer information and therapy for PTSD sufferers