



## 2. Other Sources of Support

---

## 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](mailto: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](mailto:info@mind.org.uk) or text 86463
- Legal advice line (e.g. mental health act questions): **0300 466 6463** or [legal@mind.org.uk](mailto: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