



2. Other Sources of Support

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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