

A photograph of two young women with blonde hair sitting indoors. The woman on the left is looking towards the camera with a concerned expression, her hand resting on her forehead. The woman on the right is seen from the side, looking at the first woman. A semi-transparent purple rectangle is overlaid on the bottom half of the image, containing the main title text.

Reach out if you're not ok

Do you or someone you know feel...

Hopeless? Worthless? Distressed? Trapped?
A burden? Like no one cares?

**Are you self harming or using alcohol
or drugs as a crutch?**

There is help available to you

Turn over for more information

Help is out there

Samaritans: call **116 123** free 24/7

Safe Havens: Out of hours mental health support in Warwickshire, available to anyone aged 16+. Email: warwickshiresafehaven@mhm.org.uk

PAPYRUS: Free service for young people. Call **0800 068 4141** 9am-10pm Mon-Fri /2pm-10pm weekends or visit www.papyrus-uk.org

Survivors of Bereavement by Suicide (SOBS) call **0300 111 5065** 9am-9pm Monday to Friday or visit www.uksobs.org

MIND Coventry and Warwickshire: Help and support for mental health problems. Call **024 7655 2847** or visit www.cwmind.org.uk

Change Grow Live Coventry: Free and confidential drug and alcohol service for adults, families and affected others. Call **02476 010241** 9am-5pm Mon/ 9am – 8pm Tue/ 9am – 5pm Wed-Fri or email coventry.info@cgl.org.uk

Compass: Substance misuse service for children and young people in Warwickshire. Call **01788 578 227** 9am – 5pm Mon-Thur/ 9am – 4.30pm Fri

The Recovery and Wellbeing Academy: Free courses and workshops to help people in their recovery. Call **0300 303 2626** or visit www.recoveryandwellbeing.covwarkpt.nhs.uk

The Kaleidoscope: Suicide Bereavement Support Services. Call **0121 565 5665** or visit www.kaleidoscopeplus.org.uk

Veterans' Mental Health TIL Service: Call **0300 323 0137** 24/7

RISE: Emotional wellbeing and mental health services for children and young people. Call **0300 200 2021** 8am – 6pm Mon-Fri or visit www.cwrise.com

It Takes Balls To Talk: Campaign to encourage people to talk about mental health issues. Visit ittakesballstotalk.com

Download our Stay Alive app

Provides help and advice on staying safe in a crisis.

Available free at the App Store or Google Play

