WORLD MENTAL HEALTH DAY 10TH OCT 2024

Broxbourne ALLIANCE PCN

"It is time to prioritise mental health in the workplace".

No matter what you're going through, we're here for you. If you need support, _talk to us._

mind

0300 123 3393
(Open 9am-6pm, weekdays)
mind.org.uk

Rethink Mental Illness.

0808 801 0525
(Open 9.30am-4pm, weekdays)
rethink.org

SAMARITANS

116 123 (free to call)
(Open 24/7)
samaritans.org

shout 85258

Text SHOUT to 85258
(Free and open 24/7)
giveusashout.org

THE MIX

Online chat service
(Open 4pm-11pm)
themix.org.uk

YOUNGMINDS
fighting for young people's mental health

Call our Parents Helpline 0808 802 5544
(Open 9.30am-4pm, weekdays)
youngminds.org.uk