

REFERRAL SERVICES



Provide a wide range of free talking therapies and treatments for mild to moderate common mental health issues, etc. depression, stress, low mood.



Offers a variety of mental health services that provide practical support that empowers you to move forward. including peer support groups, a telephone support line, webchat and gardening therapy.



Help to connect you to local activities, groups, advice and other support services.

All services can be referred by a professional or by self referral

APPS & SERVICES



MENTAL HEALTH RESOURCES



In a life-threatening emergency call 999 or visit A&E.

Call 111 and select the 'mental health' option – **this is how to access the NHS urgent mental health triage** helpline 24/7 for all ages. NHS 111 Option 2

Call the Samaritans on 116 123 – **for 24/7 telephone support**
Text "HANTS" to 85258 – **for 24/7 crisis text support**
Call on 0800 58 58 58 or use their webchat from 5pm to midnight everyday if you are struggling and need to talk

Text "LIGHTHOUSE" and your postcode to 07451276010 between 4:30pm–12am (e.g. LIGHTHOUSE SO14 OYG) **for urgent support.** The Lighthouse will then contact you by phone or text. Please note this is only open to those over 18 years of age and living in Southampton

MANUP?

<https://www.manup.how/>

YOUNG MINDS

If you need urgent help text YM:85258



Call Samaritans 116 123



Marmalade
TRUST

loneliness awareness charity
<https://www.marmaladetrust.org>



Mental Health - Breaking the Stigma with Music

<https://www.wearehummingbird.com/>



**SURVIVORS OF
BEREAVEMENT
BY SUICIDE**

<https://www.facebook.com/SOBSCharity>

StepChange
Debt Charity

<https://www.stepchange.org/debt-and-mental-health-support.aspx>



PAPYRUS

PREVENTION OF YOUNG SUICIDE

Call 0800 068 4141 Text: 07860 03 99 67



Website www.nhs.uk/opcourage



StrongMen

Mens bereavement help
<https://www.strongmen.org.uk>

AnxietyUK
Here for you

Text Support 07537 416 905

shout
85258

Text for free on 85258

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

The Calmzone Call 0800 58 58 58

PTSD Resolution

Counselling Forces' Veterans & Reservists
registered charity no. 1133188

Served in the Forces?
Call 0300 302 0552