

Mental Health Support

Samaritans

Whatever is on your mind, Samaritans are available day or night to listen without judgement.

Contact Details:

116 123

www.samaritans.org

Remploy

Remploy can help support apprentices with mental health conditions.

Contact Details:

0300 456 8210

www.remploy.co.uk

MIND

MIND is a mental health charity that offer information and guidance on sources of support

Contact Details:

0300 123 3393

www.mind.org.uk

Childline

Childline is a service to support anyone under 19 with any issues they are experiencing

Contact Details:

0800 1111

www.childline.org.uk