

## The Little Blue Book of helpful numbers – Mental Health

### Useful tips to support your mental health:

1. Be kind to yourself, and others.
2. Take care of yourself. Seek sources of help and support.
3. Talk to someone, write down your thoughts and feelings, or create pictures.
4. Structure your day. Try to include an enjoyable pastime, e.g. music, films, crafts, volunteering.
5. Learn, or practise, a skill.
6. Take care of yourself. Seek sources of help and support.

## Struggling to cope?

1. Samaritans 116 123  
email: [jo@samaritans.org](mailto:jo@samaritans.org)
2. CALL helpline 0800 132 737  
text: help to 81066
3. NHS Direct Wales 0845 46 47 or 111
4. SupportLine