

Mental Health and Wellbeing - Contact numbers for reference

FOR EMERGENCY USE ONLY CRISIS TEAM: 0300 365 9999 / 0300 365 0300 / 999

<u>Counselling / Therapy / Communication</u>		
Talking Therapies		0300 365 2000
Samaritans		116 123
Mind		0300 123 3393
<u>Financial / Housing / Legal advice</u>		
Community Navigators		0134 438 3526
Christians Against Poverty (CAP)		0127 476 0720
Citizens Advice Bureau		0344 411 1444
Health and Wellbeing Advisor		0118 929 9469 ex 2425
<u>Drug and Alcohol Cessation and advice</u>		
SMART		0118 977 2022
Alcoholics Anonymous (AA)		0800 917 7650
Talk to Frank		0300 123 6600
Drinkline		0300 123 1110
<u>Bereavement and loss</u>		
Cruse		0808 808 1677