

## Stratford on Avon District

### Springfield Mind

**Telephone contact only**, contact directly or through their Key Worker. **Call 01789 298615** and request an appointment.

### Samaritans

**Telephone contact only**. There is likely to be a few minutes delay getting through now especially at 10pm-2am which is peak time. Callers are advised where they are in the queue and encouraged to stay on the line. **Call 116 123**  
**Text SHOUT to 85258** and chat by text

## Warwickshire

### The Farming Community Network (FCN)

The FCN helpline is open 7am to 11pm as usual to speak to one of our dedicated volunteers. Over the coming weeks, our volunteers will no longer be carrying out home or farm visits, however we are here for you everyday via our helpline. Call us now on **03000 111 999** or email **help@fcn.org.uk**.

## Helplines

**Mind** <http://www.mind.org.uk/information-support/helplines/>

**Telephone 0300 123 3393** (high volume of calls – very busy)

[www.headstogether.org.uk/support/](http://www.headstogether.org.uk/support/)

Telephone links to **Samaritans 116 123**

**SupportLine** aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.

[http://www.supportline.org.uk/problems/mental\\_health.php](http://www.supportline.org.uk/problems/mental_health.php)

**Helpline 01708 765200 (6pm-8pm Tues, Wed, Thurs)**

<https://papyrus-uk.org/hopelineuk/> **Prevention of Young Suicide** –

For children and young people under the age of 35 who are experiencing thoughts of suicide

For anyone concerned that a young person could be thinking about suicide

**Telephone 0800 068 4141**

<https://www.mhm.org.uk/> **Mental Health Matters Telephone 0800 616 171**

**Calm** Our helpline is for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

**Helpline 0800 58 58 58 Open 5pm – midnight, 365 days a year.**

**Webchat** Open 5pm – midnight, 365 days a year <https://www.thecalmzone.net/help/webchat/>

**Combat Stress** For Veterans mental health <https://www.combatstress.org.uk/get-help>

**Tel 0800 138 1619**

## Online Support

[www.elfriends.org.uk](http://www.elfriends.org.uk)

[www.bigwhitewall.com](http://www.bigwhitewall.com)