

Where can I access support?

Sport in Mind is an independent mental health charity and leading UK advisor of mental health sports provision. Our mission is to make sport accessible to anyone experiencing mental health problems and raise awareness of mental illness. We advocate sport and physical activity as a means to promote mental well-being, help aid recovery and enrich the lives of people experiencing mental health problems. www.sportinmind.org

The NHS website can provide vital details about mental health: www.nhs.uk/livewell/mentalhealth

Mental Health First Aid England deliver courses that teach delegates how to recognise the signs and symptoms of common mental health conditions provide help on a first aid basis and signpost towards support services. www.mhfaengland.org

The Mental Health Foundation is a mental health research, policy and service improvement charity. They work to help people to survive, recover from and prevent mental health problems by carrying out research, developing practical solutions for better mental health services, campaigning to reduce stigma and discrimination and promoting better mental health for us all. www.mentalhealth.org.uk

Mind is a national charity who provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. They have 160 local groups offer specialised support and care based on the needs of the communities they support. www.mind.org.uk

Rethink is a national charity that provides expert, accredited advice and information to everyone affected by mental health problems. They have over 200 mental health services and 150 support groups across England. From psychological therapies and Crisis and Recovery Houses to peer support groups and housing services, they directly help thousands of people every year across England. www.rethink.org

Together is a national mental health charity working alongside people with mental health issues on their journey towards independent and fulfilling lives. They provide a range of services to meet the different needs of around 4,000 adults each month. www.together-uk.org

Time to Change is a campaign aimed challenging mental health stigma and discrimination. Time to Change is led by national charities Mind and Rethink. www.timetochange.org.uk

Crisis Contacts

If you're feeling suicidal and need someone to talk to immediately call:

The Samaritans: 08457 90 90 90 The Samaritans are a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair.

NHS Direct: 0845 4647 NHS Direct is a national helpline providing medical advice and information.

If you've taken an overdose or you are about to seriously harm or kill yourself:

Call 999 immediately. Calls are free and you can ask to stay on the line whilst you wait for help to arrive.

Alternatively, go to your nearest accident and emergency department.

If someone you know is in immediate danger of seriously harming or killing themselves or endangering someone else:

Call 999 immediately and ask for assistance. Calls are free

If you or someone you know is struggling with a mental health problem but are not in immediate danger:

Contact your GP to talk about any mental health problems.

Alternatively, if you have a mental health professional that you see regularly, contact them and make them aware of the situation as they may be able to offer you additional support to manage the crisis.