



## 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.
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5. Structure your day. Try to include an enjoyable pastime, e.g. music, films, crafts, volunteering.
6. Learn, or practise, a skill.

## 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