

We can help you.

- Do you need support?
- Do you need signposting to the right service?
- Do you need help on your mental health journey?

Contact us via message or WhatsApp:

01483 958052

info@jammawellbeing.com

If you need urgent support

Life-threatening emergency: call 999 or go to A&E

Mind

mind.org.uk

Samaritans

116 123 (free, 24/7) | samaritans.org

Hub of Hope

hubofhope.co.uk (find local support)

Shout

Text SHOUT to 85258 (free, 24/7)

CALM

0800 58 58 58 | thecalmzone.net

Everyturn

everyturn.org