

Helpful resources

Marie Curie: You can call the free Marie Curie Support Line for practical or clinical information and emotional support if you're living with or caring for someone who has a terminal illness, whatever your situation.

Tel: 0800 090 2309; website: <https://www.mariecurie.org.uk/help/support/marie-curie-support-line>

Samaritans: National organisation offering support to those in distress who feel suicidal or despairing and need someone to talk to.

Tel. 116 123; email jo@samaritans.org; website: www.samaritans.org

Mind: Leading mental health charity in England and Wales. The MindInfo Line offers thousands of caller's confidential help on a range of mental health issues.

Tel. 0300 123 3393; email: info@mind.org.uk; website: www.mind.org.uk

Anxiety UK: Provides confidential advice and support for those with anxiety, stress and anxiety-based depression.

Tel: 03444 775 774; website: anxietyuk.org.uk

Befriending Networks: Offers supportive, reliable relationships through volunteer befrienders to people who would otherwise be socially isolated.

Tel: 0131 261 8799; website: befriending.co.uk

The Big White Wall: An organisation which helps those living with anxiety and depression. It offers one to one online therapy and a support network.

Tel: 0203 405 6196; website: bigwhitewall.co.uk