

Worried about Suicide or Someone with Mental Ill Health?

Here are some organisations that can help

- **CALM** (Campaign Against Living Miserably) (not 24/7) - 0800 585858 for men in crisis www.thecamzone.net
- **Cornwall Out of Hours Mental Health Service** - 0845 230 3901 or 0845 230 3902
- **Cruse** - The Cornwall branch of Cruse can provide bereavement counselling and support online [here](#) and via their email cornwall@cruse.org.uk and telephone 01726 76100
- **Kooth** - This is a special service for patients aged between 11 and 25 years, providing emotional support and counselling specific to this age group. Go to <https://kooth.com/> for more details.
- **National Suicide Prevention Hotline** 08000 684 141 - Further help and information can be found at - <https://www.mind.org.uk/information-support/>
- **Nightlink** – 0808 800 3060 – An emotional support helpline
- **No Panic** - 0844 967 4848 (10am–10pm) Provides a helpline, step-by-step programmes, and support for people with anxiety disorders. www.nopanic.org.uk
- **Samaritans** – Free phone 116123
- **Sane** - SANEline: 0300 304 7000 (4.30pm–10.30pm) - Offers emotional support and information to anyone affected by mental health problems. www.sane.org.uk
- **The Mix** - <https://www.themix.org.uk/> - essential support for the under 25s
- **Young Minds** – <https://youngminds.org.uk/> - excellent site giving information for young persons with concerns over their own mental health, as well as resources for parents