

# Mental Wellbeing Support

**For a Mental Health emergency always call 999.**  
**The GP is always a good place to start for help with Mental Wellbeing.**

The following organisations can offer advice and support for Mental Wellbeing:

- **Samaritans**

If you need someone to talk to, we listen. We won't judge. Call 116 123 or tell you what to do. Whatever you're going through, you can call us any time, from any phone for free.

**Samaritans.org**

- **Mind**

Mind can provide confidential information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy. With information for local areas as well.

Freephone: **0300 123 3393** (Open Monday to Friday 9am to 6pm)

**Mind.org.uk**

- **Andys Man Club**

ANDYSMANCLUB offer free to attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation.

**andysmanclub.co.uk**

- **Hub of Hope**

We are the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, we can help.

**hubofhope.co.uk**

**Perennial** also has support available free to everyone working in horticulture

- **For further information and organisations** that you can talk to about Mental Health concerns click **here**

- **24/7 telephone support line** – our In The Moment support is provided in partnership with Spectrum Life. You can talk through any issue that is worrying you such as stress, family problems, anxiety, low mood, work worries to name but a few.

You can call free on **0808 196 2016** or WhatsApp: **Text 'Hi' to 07418 360 780** (standard rates apply)

For more information click **here**

- **Health and Wellbeing app** – like your physical wellbeing your mental wellbeing needs looking after too. You can download our free app that holds lots of wellbeing information and advice. It has articles, videos and podcasts on all areas of wellbeing including looking after your mind.

For more information head **here**



Helping people  
in horticulture  
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**perennial.org.uk**