

Don't be afraid to ask for help



Sometimes things can get on top of us and we find it more difficult to cope. It is important not to try to cope on your own if you feel that your emotions are stopping you getting on with life.

We all need additional support sometimes. Don't be afraid to ask for help!

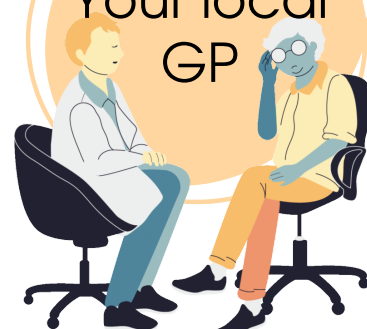
Some of the people you can turn to may include:

Family

Friends

People you work with

Your local GP



Once you have decided who you feel most comfortable talking to, choose a good time and a place where you will not be interrupted.

It may help to make some notes about what you want to say to help you remember.

Some of the helplines and services available include:

Breathing Space
0800 83 85 87
Free confidential listening service, offering advice, guidance and support.

Samaritans 116 123
jo@samaritans.org
Visit Website:
<http://www.samaritans.org/> Free confidential 24 hour listening service for people in crisis or despair

NHS 24 Call free on 111 if you are ill and cannot wait until your regular NHS service re opens.

YOUNG MINDS
CRISIS LINE Text:
YP to 85258
<https://youngminds.org.uk/>



There may also be some other organisations or groups in your local area offering support for mental health & wellbeing concerns.

NHS Inform lists them in SCOTLAND'S SERVICE DIRECTORY where you can select 'Wellbeing Services' then 'Ayrshire & Arran':

[Health and wellbeing services | NHS inform](#)

