

The Little Blue Book of helpful numbers – Mental Health

Useful tips to support your mental health:

1. Be kind to yourself, and others.
2. Take care of your physical health such as food and water; fresh air; exercise; rest.
3. Do not keep things which worry you to yourself. Seek sources of help and support.
4. Talk to someone, write down your thoughts and feelings, or create pictures.
5. Structure your day. Try to include an enjoyable pastime, e.g. music, films, crafts, volunteering.
6. Learn, or practise, a skill.

Struggling to cope?

1. Samaritans **116 123**
email: jo@samaritans.org
2. CALL helpline **0800 132 737**
text: help to **81066**
3. GP (Bodnant Surgery) **01248 364492**
4. GP (Out of Hours) **0300 1235566**
5. Ysbyty Gwynedd Accident & Emergency,
Penrhosgarnedd, Bangor. **01248 384384**
6. Counselling Service Support Sessions
01248 388520 e-mail:
counselling@bangor.ac.uk
7. Mental Health Adviser (9am-5pm)
01248 382032 or 383620
8. Security Staff **01248 383475 or 382795**
9. Students Against Depression
www.studentsagainstd Depression.org
10. Papyrus HOPELineUK **0800 068 4141**

