

## 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](mailto:jo@samaritans.org)
2. CALL helpline **0800 132 737**  
text: help to **81066**
3. NHS Direct Wales **0845 46 47 or 111**
4. SupportLine – Confidential support to manage self-harm **01708 765200**  
e-mail: [info@supportline.org.uk](mailto:info@supportline.org.uk)
5. ‘Shout - text **85258 24/7** for support in a crisis’
6. Counselling Service Support Sessions  
**01248 388520** e-mail:  
[counselling@bangor.ac.uk](mailto: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.studentsagainstdepression.org](http://www.studentsagainstdepression.org)
10. Papyrus HOPELineUK **0800 068 4141**