



Trauma Support

Trauma can impact anyone, at any time. Here are some helpful links and contact information for if you, or anybody you know needs support.

Urgent Mental Health Support

If you are worried about your mental health and require immediate mental health support, please **reach out by ringing 111** or **if in crisis, text SHOUT to 85258.**

Rape Crisis

24/7 Rape and Sexual Abuse Support Line

Did something sexual happen to you without your consent?

Or are you not sure?

No matter when or where it happened

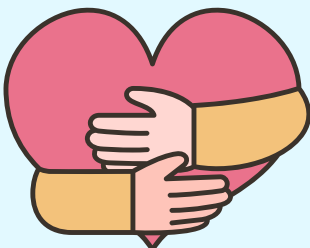
You can contact **Rape Crisis 24/7** on **0808 500 2222.**

This service is for people aged 16 or over.

Domestic Abuse

If you are experiencing domestic abuse, please contact the **National Domestic Abuse Helpline** on **0808 2000 247.** **If you are in an emergency, please ring 999 as soon as it is safe to do so.**

Need to talk?



If you need someone to talk to, please contact **Samaritans** on **116 123, available 24/7.**