



MENTAL WELLBEING

WHERE CAN YOU GET HELP AND INFORMATION

It can be hard to know what to do to support someone experiencing a mental health issue. One of the best things you can do is be there for them, have conversations and keep up normality. However, with some mental health issues it may be necessary to get professional help and treatment.

If you want to talk to someone about mental health, whether that's your own or someone else's, here are some organisations you can contact.

NHS 111

111.nhs.uk
t: 111

YOUNG MINDS

[www.youngminds.org.uk/
find-help/for-parents/
parents-helpline/](https://www.youngminds.org.uk/find-help/for-parents/parents-helpline/)

MENTAL HEALTH FOUNDATION

www.mentalhealth.org.uk

SAMARITANS

www.samaritans.org

CHILDLINE

www.childline.org.uk

STUDENT MIND

www.studentminds.org.uk

If you would like further information and resource around mental health, please visit

[ENGLANDRUGBY.COM/RUGBYSAFE](https://englandrugby.com/rugbysafe)



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