

Conversations about mental health - The Speaker

Sometimes explaining how we feel can be daunting. Follow the simple steps below to help you.



THE WHERE AND WHEN

Find a time and space to talk that feels right for you



THE WHO

Think about who might be the best person to approach and if you feel no one would understand, use the reverse page to find some support who can.



THE WHAT

Think about what it is you want to share. Often, deciding beforehand can make the conversation much easier.



THE HOW

It's important to make your conversation personal to you. The person you have chosen to talk to will be someone that is willing to give you the time you need to focus on what you want to share.



THE PLAN

It might just be that you need to get something off your chest but it might be worth also asking your listener to help you get further support or advice. Be open to suggestions and take your time in deciding what you need.

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There is support out there and people who want to hear from you. Use the contacts below to find out more.



WEBSITES

Mind

www.mind.org.uk/information-support/helplines

Samaritans

<https://www.samaritans.org>

Lancashire & South Cumbria NHS Foundation Trust

<https://www.lscft.nhs.uk/crisis>



PHONE NUMBERS

Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday)
or text 86463

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Lancashire & South Cumbria NHS Foundation Trust

The newly launched telephone support service is available
24 hours a day, 7 days a week, by calling 0800 953 0110

PLEASE NOTE: If you are experiencing suicidal thoughts and have no one to talk to dial 111. If you require medical assistance or are injured due to self-harm call 999 immediately.