



Mental Health Support

Let's Talk (Hull)

01482 247111 or
Text **TALK** TO 61825
www.letstalkhull.org.uk

East Riding Emotional Wellbeing Service

01482 335451
<https://humberews.co.uk/>
Text **TALK** to 60163

Samaritans

116123 (24/7)
jo@samaritans.org
Self Help App-
<https://selfhelp.samaritans.org/>

Mind

0300 123 3393 (9am-6pm Mon- Fri exc. bank holidays)
01482 240133 (Hull info line)
info@mind.org.uk
www.mind.org.uk

Shout

Text **SHOUT** to 85258 24/7
<https://giveusashout.org/>

You can also contact your GP – they can refer you on to the right service

If you are in crisis or immediate danger please call 999.

