

Mental Health Services

Mind

83 Marsh Street

Hanley

Stoke on Trent

Staffs

ST1 5HN

Tel: (01782) 262100

Helping people with any kind of mental distress.

For more details visit their website: www.healthy-mind.org.uk

Information booklets on:

- Understanding anxiety and panic attacks
- How to manage stress
- Understanding mental health problems
- How to improve and maintain your mental wellbeing

The booklets can be found in Minds Shop at <http://shop.mind.org.uk/shop/booklets>

The Samaritans

3 Shelton New Road

Stoke on Trent

Tel: (01782) 213555

24 hour line: (08457) 909090

Offering emotional support to anyone who is suicidal or despairing. For more detailed information go to their website: www.samaritans.org.uk

Changes Wellbeing Centre

Victoria Court

Booth Street

Stoke

ST4 4AL

Tel: 01782 413101

Email: stoke@changes.org.uk

Staffordshire Mental Health Helpline 0800 800 2234

(7pm – 2am Monday to Friday, 2pm – 2am Weekends)

Offering support to anyone with a mental health difficulty.

British Association for Counselling and Psychotherapy

Tel: 0870 443 5252

Offering information and counselling in the UK through its members. For further information visit their website: www.bacp.co.uk