



Helplines Information Sheet

Organisations that offer support on some of the issues raised in this questionnaire.

Your local GP

Children of the 90s always recommend that you speak to your GP (doctor) if you have any concerns about your physical or mental health.

www.nhs.uk/service-search

The Samaritans

Emotional support for everyone

Tel: 116 123 (24 hours)

www.samaritans.org

Menopause Matters

independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options.

www.menopausematters.co.uk/

Muslim Community Helpline

a confidential, non-judgemental listening and emotional support service

Tel: 0208 904 8193/0209 908 6715

<https://muslimcommunityhelpline.org.uk>

Jewish Helpline

Tel: 0800 652 9249

<http://www.jewishhelpline.org>

Mind

Advice and support for anyone with a mental health problem

Tel: 0300 123 3393

(9am – 6pm, Mon – Fri)

www.mind.org.uk

Text: 86463

Premier Lifeline (Part of The National Christian Helpline)

offering a listening ear, emotional and spiritual support from a Christian perspective

Tel: 0300 111 0101

<http://www.premierlifeline.org.uk/>

Coping with Bereavement

For information and services near you

NHS Choices website

www.nhs.uk/Livewell/bereavement/Pages/coping-with-bereavement.aspx