

Mental health considerations

From time to time, you may feel worried about your own mental health or someone else's. The following guidance outlines simple steps you can take to find support and keep yourself and others safe.

If you feel you or somebody else is in immediate danger – call 999 or go to your nearest A&E.

If I am concerned about my mental health:

- **Contact your GP or healthcare professional** who will support you, assess you and offer appropriate treatment or management options
- **Talk to someone you trust** – whether a friend, relative or work colleague – about how you feel
- **Speak to a confidential support line:**
Samaritans (UK) – available 24/7 on 116 123
Shout: Text “SHOUT” to 85258 who can support you on text for free

If I am concerned about someone else's mental health:

- **Speak to them** – find a way to check in with them and kindly ask how they are- let them know that you are worried
- **Encourage them to speak to a professional** – their GP or a mental health helpline
- **Get support too if you need it** – talk to a helpline such as the Samaritans to get expert support and advice on how best to support someone

Visit the [Samaritans](#) or [Mind](#) websites for more info and guidance.

Find out more about the [mental health benefits of walking groups](#).