

Mental Health and volunteering

One in four people have mental health concerns. Most are able to manage this well and you are probably unaware of it. As with any difficult situation, sometimes all people need is to be able to chat without fear of judgement. However, **if your volunteering involves working with someone with more severe mental health concerns, talk this through with your main Guide Dogs contact.** If you or someone you know needs urgent help for a mental health concern you can find below information that will guide you towards the most appropriate service.

If you need urgent help for yourself

If you feel unable to keep yourself safe and need immediate help, use the emergency services. You can do this by calling 999 for an ambulance or by taking yourself to your nearest Accident & Emergency (A&E) department.

Other services available:

- Mind lists crisis services on their website:
<https://www.mind.org.uk/need-urgent-help/finding-out-what-support-is-out-there/>
- Mind's urgent help tool provides activities and resources to help you understand and manage your situation:
<https://www.mind.org.uk/need-urgent-help/>
- Contact the Samaritans on **116 123** for free at any time and from any phone, or email them on jo@samaritans.org

If you're supporting someone else

Mind provide guidance and information on how you can help, depending on the situation at <https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/helping-someone-else-seek-help/> .

If you need mental health information

You can call Mind's Infoline on **0300 123 3393** 9am to 6pm, Monday to Friday (except for bank holidays). This is a confidential service

that offers information on a range of topics. You can also text on **86463** or email **info@mind.org.uk**.

If you're looking for legal information about mental health

You can call Mind's Legal line on **0300 466 6463** 9am to 6pm, Monday to Friday (except for bank holidays). You can also email **legal@mind.org.uk**

If you need further assistance please visit Mind's website for more information and support

(<https://www.mind.org.uk/information-support/>).

