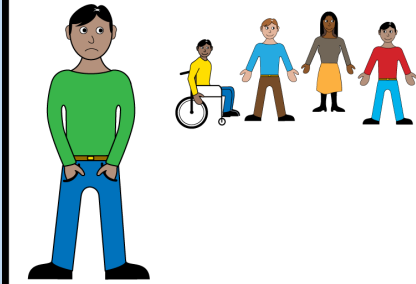


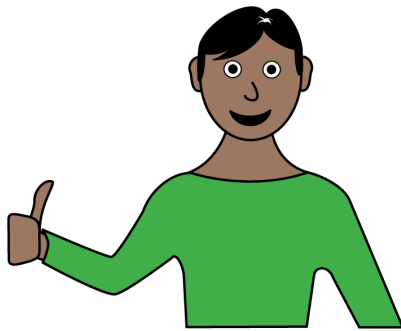
# Mental Health Support

## lonely



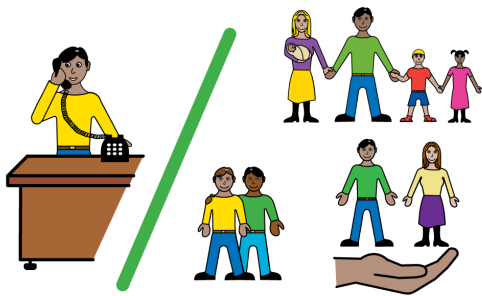
You might be feeling a bit sad at the minute, or lonely because you can't see your family and friends as much.

## feeling better



It is okay to feel like this, and there are people that can help you to feel better.

## phone family friends or carer



If you can, try and keep in contact by telephone, email, or video-chat with your family and friends.

**SAMARITANS**

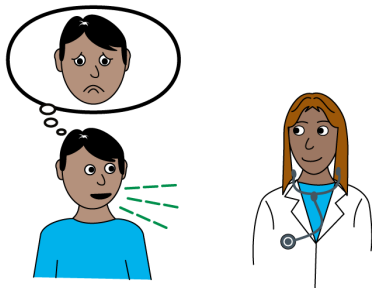
If you are feeling sad and lonely, you might want to call the Samaritans on 116 123.

You can call them day or night.



You might also want to talk to somebody from 'Mind'. They can provide support over the telephone. Call them on 01724 279500.

### talk to your doctor



If you take medicine for your mental health or mood, and start to feel worse, you should talk to your doctor.

### help



If you are feeling lonely or have questions that you are worried about, you can also call us at Healthwatch North Lincolnshire on 01724 844986.

### phone 999



If you feel like you are going to hurt yourself or somebody else, please call 999.