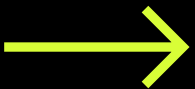


PORTUS

***MENTAL HEALTH
SIGNPOSTING***



Keeping Safe and Well

If you are ever struggling mentally or emotionally, the below charities offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

Each charity is different but none of them will judge you and they will all listen.



Samaritans Free 24/7 line:
116 123



Switchboard LGBTQ+ (1000-2200 daily)
0300 330 0630



Mind signposting line (0900-1800)
0300 123 3393



CALM Helpline (1700-0000 365 days a year)
0800 58 58 58

CONTACT US TODAY!

hello@portuslets.co.uk
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+44 (0)151 329 3538



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