

# Wellbeing and Mental Health support

Are you struggling to cope or feeling overwhelmed? Talk to someone now about how you are feeling.

**YOU ARE NOT ALONE. YOU ARE IMPORTANT. AND IT IS OK TO ASK FOR HELP.**



## PORTSMOUTH WELLBEING CENTRE

This is a friendly welcoming place where people can share their experiences, support one another and learn techniques to improve their wellbeing.

**023 9282 4795**



Help and support is always available right now if you need it. You don't have to struggle with difficult feelings alone

[nhs.uk/conditions/suicide](https://nhs.uk/conditions/suicide)

**023 9282 4795**



## SAFER PORTSMOUTH PARTNERSHIP - SDAS

If you're experiencing domestic abuse call SDAS for advice and support on

**023 9206 5494**

9am-9pm Monday to Friday

10am-6pm weekends and bank holidays.



## Need to talk to someone?

Confidential and emotional support  
24 hours a day

**116 123 (Freephone)**  
[jo@samaritans.org](mailto:jo@samaritans.org)

## THE CO-OP BEREAVEMENT CENTRE

Are you struggling after the death of someone close?

The Co-op Bereavement Centre offers free emotional and practical support.

**07885 843863**

[info@thebereavementcentre.co.uk](mailto:info@thebereavementcentre.co.uk)

## Survivors of Bereavement by Suicide



If someone you were close to ended their own life you can talk to someone who has experienced the same thing

**03000 111 5065**  
[email.support@uksobs.org](mailto:email.support@uksobs.org)



TALKING CHANGE

Living with persistent pain can be very challenging  
Talking Change can provide support for a variety of  
long-term physical health conditions.

**0300 123 4125**

[SNHS.TalkingChangeSolent@nhs.net](mailto:SNHS.TalkingChangeSolent@nhs.net)



Providing confidential emotional  
support for anyone affected by sexual  
violence at any time in their lives no  
matter how long ago.

**02392 669513**

Young Person's Service

**023 9266 9519**

[admin@parcs.org.uk](mailto:admin@parcs.org.uk)

In a medical emergency call



If you need medical help  
in a non-emergency



**Portsmouth**  
CITY COUNCIL

Information about local and national  
services as well as links to self-help  
tools and resources

['Mental Wellbeing'](#)

# What help is there?



If you need emergency food parcels, contact

Portsmouth Food Bank

**023 9298 7976**

[foodbank@kingschurchportsmouth.co.uk](mailto:foodbank@kingschurchportsmouth.co.uk)

[portsmouth.foodbank.org.uk](http://portsmouth.foodbank.org.uk)



**Portsmouth**  
CITY COUNCIL

Providing advice and help to anyone at risk of becoming homeless

**023 9283 4989**

[housing-options@portsmouthcc.gov.uk](mailto:housing-options@portsmouthcc.gov.uk)



If you have money worries it can affect your mental health, find help and support at:

**023 9298 7976**

[www.mentalhealthandmoneyadvice.org/en/](http://www.mentalhealthandmoneyadvice.org/en/)



**ADVICE**

**PORTSMOUTH**

They provide support, including welfare benefits, housing, employment and debt.

They also run a family law advice clinic.

**023 9279 4340**



[THE RECOVERY HUB](#)

Information and support if you are concerned about your alcohol or drug use.

**023 9229 4573**



If you are 19 or under, you can contact [Childline](#) about anything. No problem is too big or too small. Speak to a counsellor straight away on **0800 1111** (Freephone)



[U Matter](#): Free confidential counselling for young people aged 11 – 25 in Portsmouth

**02392 827026**



If you're a young person, get advice to help you understand the way you're feeling and find the right support. Select mental health under

['health for young people'](#)