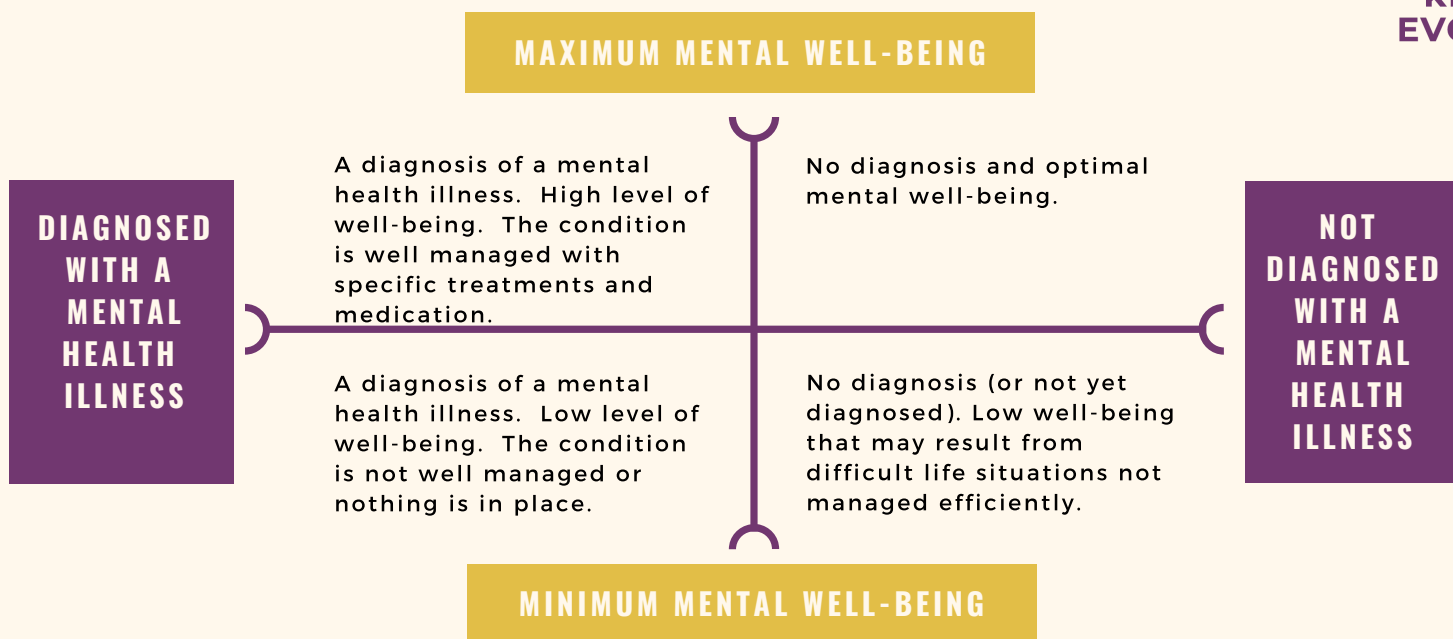


# MENTAL HEALTH AWARENESS



KEY 2  
EVOLVE



USEFUL CONTACTS AND WEBSITES	UK	USA	EMERGENCY & CRISIS SITUATIONS
	<p><b>SUICIDE PREVENTION:</b> The SAMARITANS 116-123 samaritans.org Teens: papyrus-uk.org</p> <p><b>MENTAL HEALTH:</b> mind.org.uk rethink.org b6learning.com mental health.org.uk time-to-change.org.uk</p> <p><b>DEPRESSION/ANXIETY:</b> anxietyuk.org.uk</p> <p><b>BLOGS/INFO:</b> I am 1 in 4 Blog Center For Mental Health UK Blog Harmless Blog</p>	<p><b>SUICIDE PREVENTION:</b> National Suicide Helpline 800 273-8255 Veterans press <b>option 1</b> samaritansusa.org</p> <p><b>MENTAL HEALTH:</b> nami.org teenmentalhealth.org Veterans: mentalhealth.org</p> <p><b>DEPRESSION/ANXIETY:</b> adaa.org</p> <p><b>BLOGS/INFO:</b> Social Work Licence Map Blog PsychCentral Blog Psychology Today Blog</p>	<p>UK: 911 or 112 (European number) USA: 999 Or go to the A&amp;E.</p> <p>Don't leave the person alone. Try to find out if they are under the influence of drugs or alcohol. Contact a family member.</p> <p><b>EMPLOYEE CARE PROGRAMME:</b> Most organisations have a confidential employee care/assistance programme. Visit your intranet HR pages or speak to HR directly.</p>