

NEED TO TALK?



Sherwood Forest Hospitals
NHS Foundation Trust



Need to speak to someone about relationships? Contact Relate on 0300 003098 or <https://www.relate.org.uk/>



Cruse offer support around grief, loss and bereavement 0808 808 1677 <https://www.cruse.org.uk/>



The Samaritans offer a 24/7 telephone support service for anyone that needs someone to talk to, no problem is too big or too small: call 116 123 or visit <https://www.samaritans.org>