

SHOUT (Text 85258) is a free 24/7 text service if you're struggling to cope and you need immediate help
 Papyrus www.papyrus-uk.org for support and immediate help for suicidal thoughts
 Samaritans 116 123 call for free 24/7 or email 106@samaritans.org
 If you or a friend is in need of immediate help, call 999 or go to A&E at the hospital

Useful places to get support:

Your GP- if you feel worried about talking about your mental health, take a trusted friend with you

Pause Under 25 with a Birmingham GP: a drop in emotional support service, no need to book
 www.forwardthinkingbirmingham.nhs.uk/pause

The Living Well Consortium - lots of mental health free services
 www.livingwellconsortium.com

The Waiting Room - lots of free health and wellbeing services across Birmingham and Solihull
 www.the-waitingroom.org

If you are feeling worried about yourself or a friend:

Useful places to get support:

Your GP- if you feel worried about talking about your mental health, take a trusted friend with you

Pause Under 25 with a Birmingham GP: a drop in emotional support service, no need to book
 www.forwardthinkingbirmingham.nhs.uk/pause

The Living Well Consortium - lots of mental health free services
 www.livingwellconsortium.com

The Waiting Room - lots of free health and wellbeing services across Birmingham and Solihull
 www.the-waitingroom.org

If you are feeling worried about yourself or a friend:

SHOUT (Text 85258) is a free 24/7 text service if you're struggling to cope and you need immediate help

Papyrus www.papyrus-uk.org for support and immediate help for suicidal thoughts

Samaritans 116 123 call for free 24/7 or email 106@samaritans.org

If you or a friend is in need of immediate help, call 999 or go to A&E at the hospital

How to support someone having a panic or anxiety attack

Reassure them you are with them, remind them it is anxiety and it will pass

Hold their two hands, with their permission and look directly at them with a soft face

Invite them to breathe with you

Breathe s.l.o.w.l.y

Aim for in for 3 slow seconds and out for 5 slow seconds and if that works, try in for 7, out for 11

If the person wishes, end with a big hug- well done, you are a great friend!



Do say: I am hear for you, now or whenever you may need

Don't say: you will get over it, or you will be fine

We are the Blue Faced Ladies, and since 2016 we have been sharing our love, solidarity and actively listening ears to people across the country.



Some helpful things to know:

You do not have to have any answers to someone else's issues; unconditional attention and active listening is very powerful

Acknowledge and validate the person's experience

Talking about our mental health should not be complex.

In our experience, asking the right question and then just **actively listening** to the response if the key! It genuinely can be that simple.

We encourage you to be brave and curious in your interactions with others who matter to you.

Some ways to get the conversation going:

How are you doing?

You don't seem your usual self, is anything troubling you?

You don't have to tell me, but are you OK?

I may not have any solutions, but I am happy to listen