



Step out Sheffield

Useful contacts for mental health support

NHS Choices

www.nhs.uk/livewell/depression/Pages

How to recognise and treat depression.

Anxiety UK

www.anxietyuk.org.uk

Telephone 08444775774

For local services for support

with panic attacks and anxiety issues see '**No Panic**' below:

Bipolar UK

www.bipolaruk.org.uk

Telephone 0333 3233 885

The Sheffield support group meets monthly at the Quaker Meeting House.

Calm (Campaign against living miserably) a service for men

www.theclamzone.net

Telephone 0800 585858

info@theclamzone.net

Depression Alliance

www.depressionalliance.org

Self-help groups for people with depression run by Mind

Mind

www.sheffieldmind.co.uk

Telephone 0114 2584489

Lawton Tonge House, 57

Wostenholm Road Sheffield S7 1LE

No panic

www.nopanic.org.uk

Telephone 0750 5712 164

nopanicssheffield@gmail.com

Rethink Mental Illness

www.rethink.org

Telephone 0300 5000 927

9.3 – 4pm Mondays to Fridays

Sheffield Samaritans

www.samaritans.org.uk

Telephone 0114 2767277

jo@smaritans.org

272 Queens Road, Sheffield S2 4DL

Open 10am until 10pm

