

# Welcome to your Little Box of Hope

Dear Friend,

What strange times we are living in! The COVID-19 pandemic has changed life as we know it. We are all now navigating a new normal.

Many of us are experiencing loneliness, anxiety, fear and for those already dealing with life and mental health challenges, it may make those hardships heavier to bear. Please remember we are in this together and we'll get through it by supporting each other through these tough times.

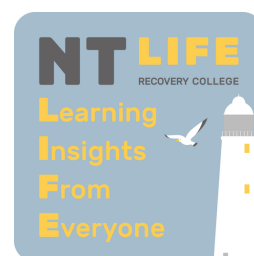
The Little Box of Hope comes to you as a gentle reminder that everyone here at NT LIFE Recovery College is looking forward to coming together once the lockdown is over. The contents of the box and additional items have been put together with you in mind to help you through these tough times. To act as a reminder that as tough as these times are you are stronger and by looking after your wellbeing, we will see you back at The Hub in The Linskill Centre soon.

If you feel the contents of this box and any of the exercises within it might be useful and appreciated by somebody you know, please feel free to pass all, or elements of it on - this is **your** Little Box of Hope and if you want to share that hope, that's fine by us!

My sincerest wishes for your safety, wellbeing and for seeing you in what I hope is the not too distant future!

*Ali Donkin*

With thanks to



# Little Box of Hope Contents

As well as a series of exercises, contacts, poems and motivational quotes, this box also contains a number of small gifts. Let us explain why each gift was chosen:

## Yo-Yo:

We hope you have fun playing with the yo-yo, it could be an opportunity to learn a new skill. There are plenty of videos on YouTube to help you learn this skill. If you ever find yourself feeling low let it also serve as a reminder that life has its ups and its downs, as long you hold onto it you will rise again.

## Tissues:

Just in case you need to wipe away some tears or simply rip one up if you are feeling angry. Better to take it out on a tissue than yourself or a loved one.

## Scented Candle:

Smell is the most sensitive of our senses. In studies, fruity odours have been found to induce positive emotions of joy and pleasure. You may find it useful to light the candle and practice some form of mindfulness or meditation. You could even put on a song you find uplifting or that you attach positive emotions to.

## Spiky Stress Ball:

Isn't the spiky stress ball simply the best? We hope you find the texture stimulates your sense of touch. If you're feeling anxious squeeze it and imagine your anxiety being squeezed into the ball. In this pack you can find an exercise relating to this. What good things can you associate with the colour? Can you jiggle it and listen to the ball inside? If you jiggle it hard enough or bounce it for that matter - WOW - just see what happens. If you have a cat or dog let them join in with the fun. Remember, life does get spiky, just like the stress ball. But, just like the ball, you can bounce back, you've done it before because you too have an inner light that wants to shine.

## Tea Bags and a KitKat:

Stop! Take a break. Before you do anything just take a moment to relax. Really be aware of the warm tea you're drinking and the taste of the chocolate. Drink and eat slowly, focus on that and that alone. After a few minutes of doing this, probably by the time you've eaten the KitKat get your photographs out, the ones that remind you of the good times you've had, the places you've been that you have great memories of.

Let these remind you that even though you are struggling at the moment, life hasn't always been like this and if you've achieved something once you can achieve it again. What would you like to do in the future; which places would you like to visit? What sights would you like to see? Where would you imagine living if there were simply no obstacles in your way? You may even decide to have the second cup of tea as you are enjoying this relaxation so much?

## Cold Infusion:

A big part of feeling well is simply staying hydrated, but council pop (water) can be boring so we've provided you with some sachets to zap it up a bit. Not drinking enough water can cause lots of different symptoms not just thirst. We can become fatigued, lightheaded, headaches, dry skin, lack of concentration, weakened immunity. This can impact our emotional well-being. So grab yourself a drink of water before you do anything else.

## Haribos:

When was the last time you had a little sweet treat? These are just for the fun of it. Enjoy

Please turn over.

# Little Box of Hope

## Contents continued

### Balloons:

Again these can just be for the fun of them, however if you are feeling anxious, blow up a balloon. You might want to stop before it pops as that's probably not going to be good for your anxiety if it does. Once you've blown it up, let the air out slowly, just so you hear the funny sound. Don't you dare smile or laugh when you do this 😊 You could even just let go and watch it fly around the room, do it as many times as you need to get rid of all anxiety.

### Glue Stick:

We've also provided some cards and decorative paper so you can do something crafty, so get those out and stick things together to create something fun, beautiful, useful, and funny – whatever you like. You may even want to create something for someone who matters to you.

### Post It Notes:

In your packs we have provided some quotes, poems and affirmations. Either using these or using your own ideas write them on the post it notes and stick them around your home in places you go to frequently. Every time you see the post it note read it (this works best if you actually say it aloud). You might even want to put little doodles of trees, hearts, flower, birds etc. on them?

### Message in A Bottle:

You will see that the bottle is sealed with a heart and filled with golden hearts, let these serve as a message to you that you are important and we care about you. The scroll inside has been left blank for you to write your own message to yourself. What would you want to say to help you at your lowest, after all self-care, self-worth, and self-esteem come from you.

### Colourful Elastic Bands:

Place the elastic bands as though they were the Olympic rings, look at them and remind yourself YOU ARE A CHAMPION. Even the Olympics have been cancelled because of life events, but they will come back. The down time allows you to rest and recharge to come back even stronger. In your pack there is also a Rubber Band exercise for changing bad habits that these can also be used for

### Luggage Labels and 5 Envelopes:

Please see the enclosed exercises.

### Fruit Polos:

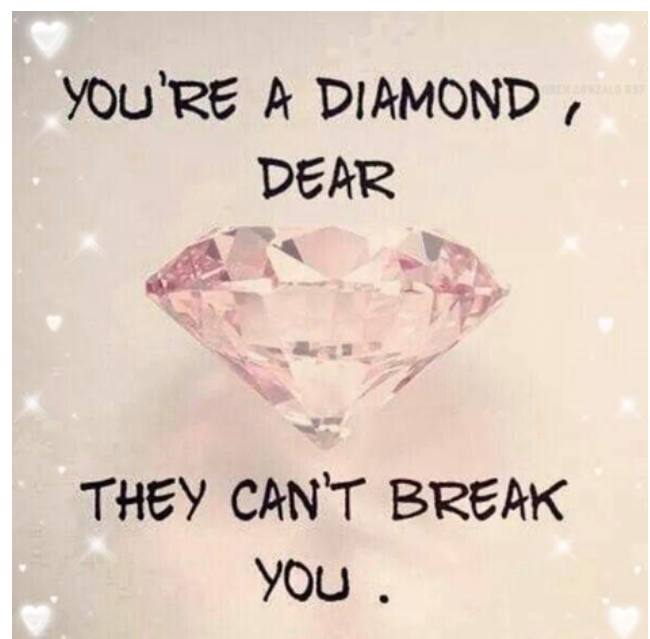
You may just need a sugar hit and something sweet but also remember these are the fruit loops, not you!

### Feedback Form:

You are under NO obligation to complete this, but if you do want to send us any feedback, we would love to receive it - please email your forms to [ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or send us via Facebook.

### The Diamond:

We're just going to leave these here...



### Transmutation

Grapes must be crushed to make wine  
Diamonds form under pressure  
Olives are pressed to release oil  
Seeds grow in darkness

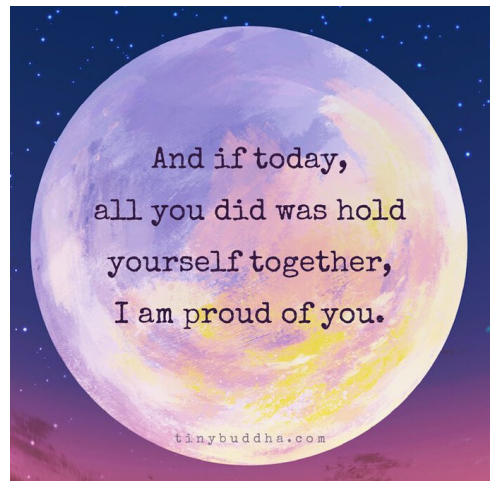
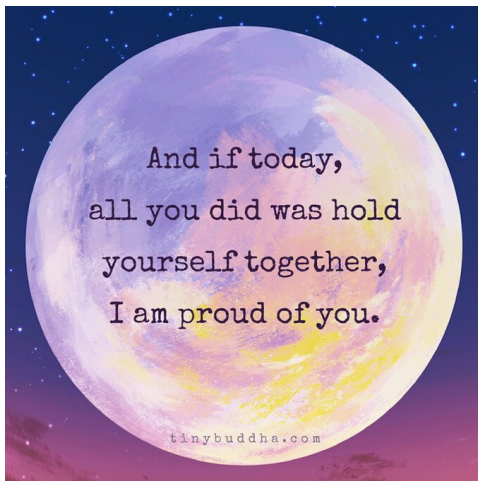
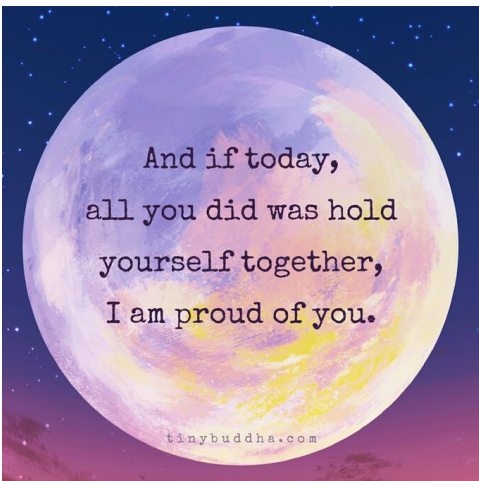
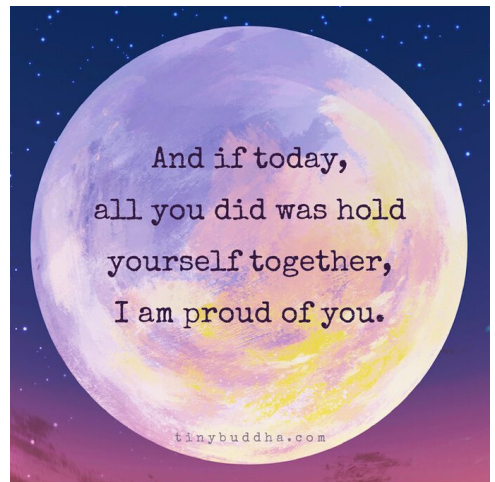
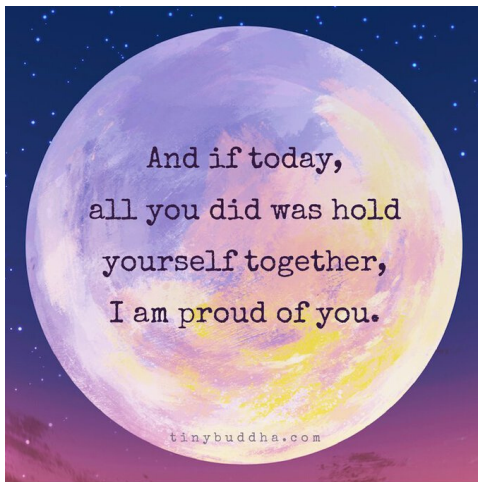
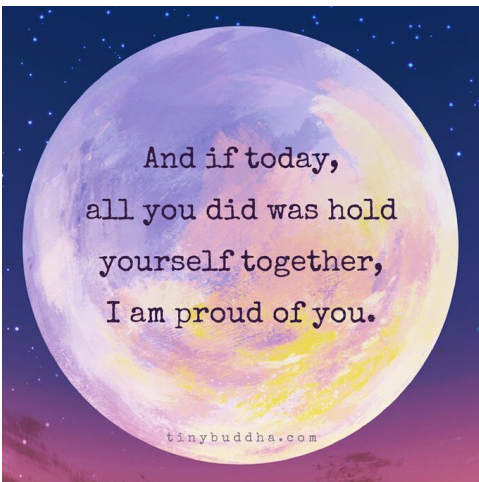
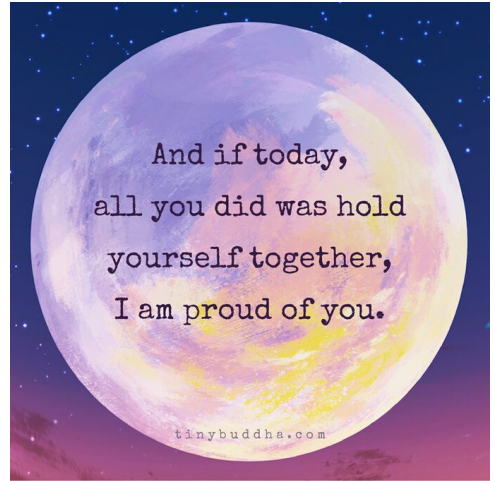
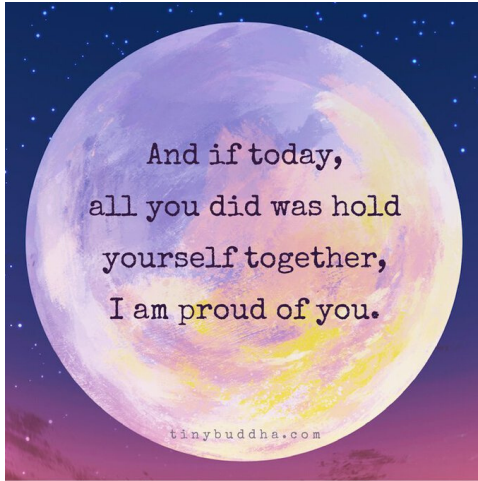
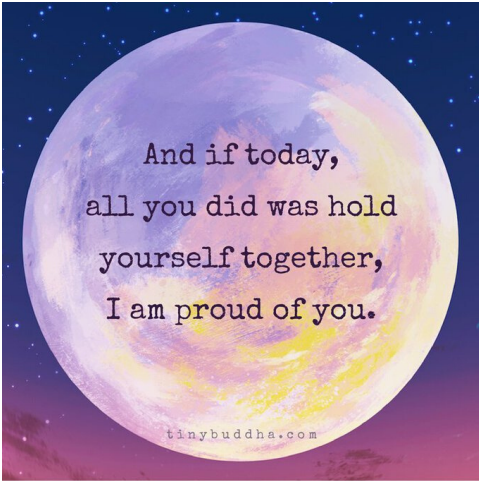
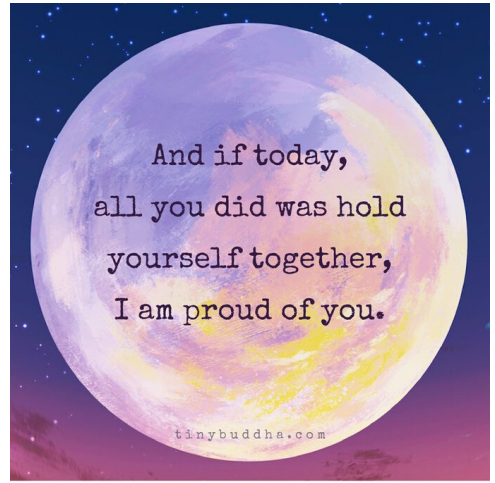
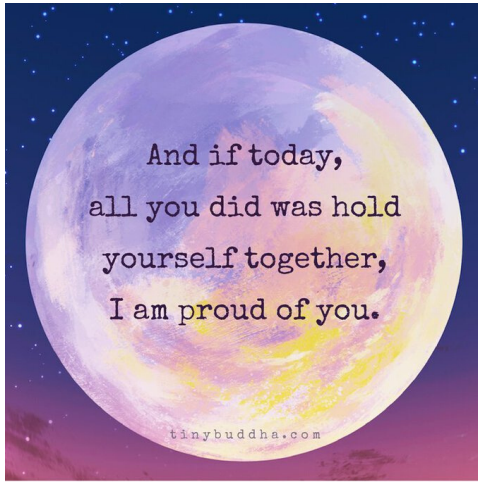
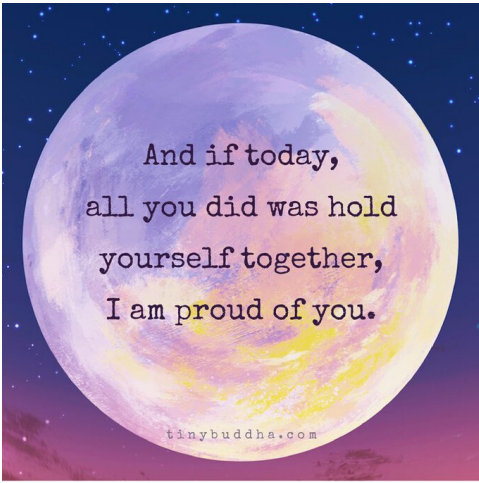
Whenever you feel crushed,  
under pressure, pressed, or in darkness,  
you're in a powerful place of  
transformation and transmutation.

**Trust the process.**

- Lalah Delia -  
| TheMindsJournal



THE MINDS JOURNAL



# A Letter to Myself

## Exercise: Writing a letter to your current self from your best version future self

This letter will focus on what advice you would give your present self and tell them about what has happened between now and then.

### Steps

- Identify a date in the future, one to five years from now
- Write the letter to yourself from that day as though you have become the best version of yourself. Write it as an actual letter.
- In the letter address questions like the following:
  - What are some of the main things you have learned since now?
  - What should your present self look out for?
  - What is the best advice you could give your present self?
  - What would you tell yourself to get through some of the challenges that you faced?
  - What would you tell yourself about your successes and the way you dealt with them?
  - What type of people have helped you along the way?
  - What type of people have made life harder?
  - Who do you wish you had spent more time with?
- Once done read the letter again. Does it seem right? Do you want to make any changes?
- When you are happy with your letter, continue to the next step immediately or put it away for a couple of days and then return to it (recommended).
- Now, reflect on your life as it is currently. Ask yourself questions like the following:
  - Of the advice you have given to your present self, how much are you following today?
  - How could you follow the advice better?
  - Are there some people or types of people you wish you had spent more or less time with? How can you change that now?
  - What else can you take away and apply better to your life and your immediate future?



# Don't Quit

**A poem by Edgar Albert Guest, known as the People's Poet**

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is queer with its twists and turns,  
As everyone of us sometimes learns,  
And many a fellow, turns about,  
When he might have won had he stuck it out,  
Don't give up though the pace seems slow,  
You may succeed with another blow.

Often the goal is nearer than,  
It seems to a faint and faltering man,  
Often the struggler has given up,  
When he might have captured the victor's cup,  
And he learned too late when the night slipped down,  
How close he was to the golden crown.

Success is failure turned inside out,  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It may be near when it seems so far,  
So stick to the fight when you're hardest hit,  
It's when things seem worst that you must not quit.



# Create your own Emotional First Aid Kit



An emotional first aid kit works on a similar principle to a traditional first aid kit. You keep a collection of items needed to tend to your wellbeing in one central place, often a box or a bag.

We have provided you with a Little Box of Hope to get you started, however it would make it even more effective if you add some specific items to your box that you know or imagine would help in improving your emotions.

## Suggested items

- Writing paper, art materials, pens and pencils
- Inspirational postcards, photographs, notes or pictures by loved ones
- Magazine clippings, pictures that you find cute or uplifting to look at
- Music - MP3 players are handy and you can wear them with headphones if you are having troubling thoughts or experiencing any auditory hallucinations
- Sweet treats, drinks, herbal tea bags
- Aromatherapy oils, scented candles and lavender bags. LED candles, which run off batteries, can provide a similar light to candles but without the fire risk.
- Special toiletries that will help to motivate you to keeping on top of your personal care routines
- Hat, sunglasses and comfortable socks, which can help if you are struggling with leaving the house or seeing people
- Helpful contacts list written or printed out
- Mints for keeping your breath fresh - peppermint is also good for soothing the stomach and stimulating appetite.
- Puzzles, books, jigsaw puzzles can all help to occupy the mind and fill time without being overly stressful. Puzzles also help develop problem solving skills, which can help when dealing with stress or mental illness.
- Soft toy can provide comfort and reminders of happy times or loved ones

## Method

Collect the items from the list below or any other items that you think you may find helpful in a crisis or when you are feeling unwell. Store items in your chosen box and put in a safe, visible space that can be accessed when needed. Check the box yearly to check items are in date.

Create your own

# Emotional First Aid Kit

Listing and gathering items together that stimulate your different senses can be grounding when you experiencing emotional distress. **What sensual stimulations do you find healing?**

Sight

E.g. Pictures of family, places, events, postcards, letters, etc. that bring you a sense of joy, also consider puzzles, jigsaws and crosswords

Sound

E.g. Create a music list of uplifting songs and music you associate with positive emotions and events

Smell

E.g. Scented candles, essential oils, favourite perfume or aftershave

Touch

E.g. Cuddly toy, feather, fabric, wooden object - anything that brings a sense of security or joy when you touch it

Taste

E.g. A favourite sweet, freshmints, chocolate, herbal tea



Please use this space to write, draw or stick a photograph that lets us know how you felt to receive your Little Box of Hope. You could describe how the gifts made you feel, or if any of the exercises have helped you. Be as creative and as honest as you like - we would love to hear your feedback. Thank you!

# Feedback

## My Little Box of Hope

# Labels & Envelopes

## Exercise 1: Luggage Labels

Labels: We go through life attaching labels to ourselves, usually these aren't of our own choosing. Listen to the story:

"I can remember being called weird, fickle, ugly, fat, I wore these labels for many years thinking 'if other people saw this it must be true.' I thought these defined me and my mental health and wellbeing suffered as a result. The truth is, they defined the people saying it to me, this is how they saw me.

My weirdness was because I was unconventional, I coloured outside the lines, I broke the rules, I challenged conditioning, I danced to my own beat and sang (off-key) to my own tune, I chose solutions over blaming, I chose kindness over being right, I chose being unique, individual, one in a million over being weird!

Fickle? if fickle is spontaneous, quick to adapt to new opportunities and challenges, curious about life and willing to discover new places, people and experiences without being anchored to things, then I'm fickle but I see an adventurer, an explorer, a curious person!"

The point is - decide on the labels you want to wear and then be them. Without deciding who we are and what we value we fall prey to the labels of others.

**Now it's your turn...** Use your labels to write down who you are. E.g. I am courageous, I am strong, I am fun, I am a survivor, I am kind etc. It's important to remember even if you don't feel those things right now, at this moment, these labels are your choice, who you choose to be. Because if you can think it you can be it. The magic happens when you decide instead of being weird to be unique and you remind yourself regularly and practice what it means to you; when those people call you weird in the future you rejoice in your uniqueness.

**Do it now...** Write down on each of the labels:  
I am \_\_\_\_\_ (Insert a positive, bold, strong word to describe who you are)

**Tip...** If you have been labelled by someone else in the past, look up the synonyms (like words) and antonym (opposites) for that word. E.g. a synonym for weird is eccentric, would you agree eccentric sounds nicer than weird? Or simply flip the word. E.g. Ordinary is an antonym for weird, I'd rather be Extraordinary than Ordinary. Now you have a go.



# Labels & Envelopes

## Exercise 2: Using Your Envelopes

We have provided you with five envelopes in your Little Box of Hope. Here are our suggestions of how you might use them:

### Envelope 1:

When you are feeling well, gather together photographs of happy times, happy places, people, pets etc. that when you look at them you feel good. Keep them in the envelope so when you start to feel less than good you can look at them and remember that even though you may be struggling right now, good times have been had and will be again.



### Envelope 2:

Write a letter from your best version future self - see the enclosed exercise.

### Envelope 3:

Keep a list of crisis phone numbers. We have provided one in the pack but you may want to add some specific people to this list. If you are adding a person to the list, it's a good idea to discuss this with them, and agree the steps you would like them to take if you do phone them in crisis.

### Envelope 4:

Write a Gratitude List - on a good day(s), write down as many things as you can that you are grateful for. You can keep adding to this list over time. Include the things we take for granted e.g. running water, food, home, NHS, electricity. Then add the things that are unique to you: your characteristics e.g. a good laugh, a good friend, being thoughtful, being a good listener etc. Then add things that you care about: friends, family pets etc. As you write them down include why it is you are grateful. Sometimes some surprising things come up - it can be in our struggles we find our strengths and our rejections can be redirections to better things.

### Envelope 5:

Write a letter of thanks to someone who has helped you at some time in your life. Explain how they helped you and why that was important to you and as a result of their help what you have been able to do. Whether you chose to send it or keep it is up to you.

# Pleasant Activity

## Scheduling Worksheet

This worksheet is designed to help you schedule enjoyable activities in the near future which you can look forward to, and to reflect on how they made you feel.

Write down at least one activity per day that you will engage in over the next week. This can be as simple as watching a particular movie or calling a friend to chat. Activities can be anything that you find to be enjoyable or pleasant, so long as it's not unhealthy (e.g. eating a whole cake in one sitting or smoking etc).

You can also try scheduling an activity for each day that provides you with a sense of mastery or accomplishment. It's great to do something pleasant, but doing something small that can make you feel accomplished has beneficial effects as well. This worksheet helps you to begin to design your life in a way that increases everyday positivity and pleasure. The Activity and Time columns are to be completed at the start of your week, and the last column (Post-Activity Emotion Rating) is to be completed when you finish activities - you may also want to make some notes about how you feel in this column.

We have given you two examples below and a blank worksheet over the page:

| Day     | Activity                 | Time      | Post-Activity Emotion Rating 0-100%            |
|---------|--------------------------|-----------|--|
| Monday  | Call a friend for a chat | 11am      | 70%  |
| Tuesday | Go for a walk            | Afternoon | 85%<br>It was good to get out in the fresh air |

# Pleasant Activity Scheduling Worksheet

| Day | Activity | Time | Post-Activity Emotion Rating 0-100% |
|-----|----------|------|-------------------------------------|
|     |          |      |                                     |
|     |          |      |                                     |
|     |          |      |                                     |
|     |          |      |                                     |
|     |          |      |                                     |
|     |          |      |                                     |
|     |          |      |                                     |



# Positive Thought Replacement Exercise

Begin this activity in a quiet place. On the left, write down as many automatic negative thoughts that come into your mind. When finished, take the time to challenge every negative thought by finding a positive, truthful replacement and then write it on the right side. This activity takes time and cannot be rushed. Try to set aside at least 20 minutes for each session.

The purpose of this activity is to help you get into the habit of finding the positive in all things. It also helps you get in touch with the things you are telling yourself. Remember, by changing your thoughts, you will change the way you feel. Be patient with yourself and do your best. Repeat as often as you can to help develop a more positive outlook on life.

## Automatic Negative Thoughts

E.g. I always get things wrong

**1.**

**2.**

**3.**

## Positive Thought Replacement

E.g. I keep on trying

**1.**

**2.**

**3.**

Continues over

# Positive Thought Replacement Exercise

## Automatic Negative Thoughts

4.

5.

6.

7.

8.

9.

10.

## Positive Thought Replacement

4.

5.

6.

7.

8.

9.

10.

# Rubber Band Exercise

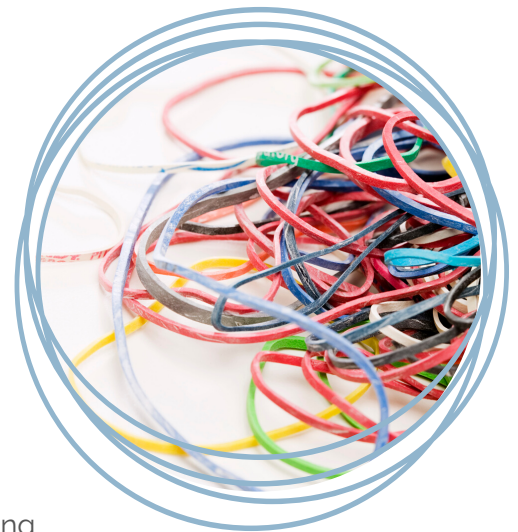
Do you have any bad habits or fears that you would like to get over? Do you have negative thoughts about yourself or about getting sick, for example?. Do you overeat, skip exercising, bite your nails or hair? Put things off that need to get done? Have fears about something? Do you want to lose weight? Stay more fit? If the answer is yes, keep reading...

**STEP 1.** Get a rubber band that fits comfortably over your wrist. It needs to be loose so you are not bothered by it. Snap it hard, but not to the point of bruising or anything.

**STEP 2.** When you are doing the bad habit you want changed, like skipping exercise, not doing your homework, or when you have a negative or fearful thought, just pull on the rubber band and snap it on your wrist. It will sting and that is what you want.

**STEP 3.** Right after you snap it, tell yourself to stop doing what you are doing and give yourself the correct action you want. You need to be very clear and keep it simple. For example, if you feel like eating a bad snack, snap it and tell yourself to stop thinking about it. Give yourself something positive to replace the thought, like eating a healthy sweet apple instead. Negative thoughts about yourself? Snap the band and remind yourself how important you are; think about your positive characteristics. Give yourself something positive right after, like thinking about a fun activity you will do and the good feeling you will have.

**STEP 4.** To start, wear the band as often as you need to, but you can reduce the time as you get over your challenge. You will eventually not need it. You only need to wear it when you think you will need it. You don't need it while sleeping. You can keep the band in your pocket and just put it on when you need it, so it does not have to be actually on your wrist all the time.



There is a ton of science that backs this exercise up. It lets you communicate with the very "low level" part of your brain that causes these problems, even though the higher level part knows it is wrong. That low level part just knows to avoid things that hurt, so you need to communicate with it to fix your problems at that level.

**Note:** If you don't have a rubber band available or feel embarrassed doing it in public, you can also try something else, like giving yourself a slap on the top of your wrist when nobody is looking.

**Remember to always give yourself a positive command after doing it, since that is a very important part.**





# Socratic Questions

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act, it's important to challenge any thoughts that cause us harm.

**Spend a moment thinking about each of the following questions, and record thorough responses. Elaborate, and explain "why" or "why not" in your responses:**

**Thought to be questioned:**

**What is the evidence for this thought? Against it?**

**Am I basing this thought on facts, or on feelings?**

**Is this thought black and white, when reality is more complicated?**

# Socratic Questions

Could I be misinterpreting the evidence? Am I making any assumptions?

Might other people have different interpretations of this same situation? What are they?

Am I looking at all the evidence, or just what supports my thoughts?

Could my thoughts be an exaggeration of what's true?

Am I having this thought out of habit, or do the facts support it?

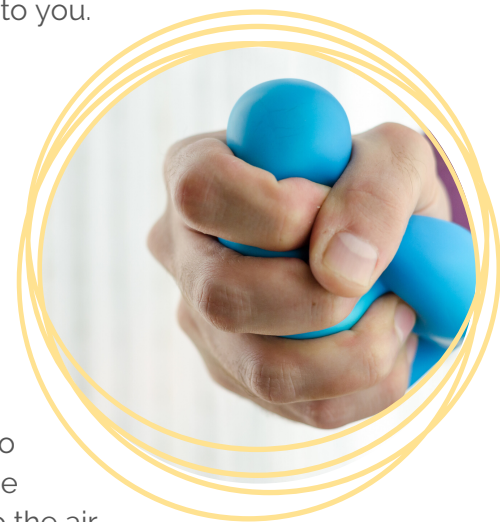
Did someone pass this thought / belief to me? If so, are they a reliable source?

Is my thought a likely scenario, or is it the worst case scenario?

# Stress Reduction

## An exercise for reducing stress

- Find a stress ball and an object that represents peace and calm to you.
- Hold the stress ball in your non-dominant hand.
- Squeeze the ball as hard as possible, imagine letting all tension and unpleasant feelings from the body flow into your arm, through your hand and flow into the stress ball.
- Imagine, visualise or feel the stress ball, like a magnet drawing all the tension into it. Stay present and focused with the ball.
- When the ball is saturated with stress, open your hand and let go of the ball, allow all tension and stress to stay with the ball; as the ball is away from you imagine all of that tension evaporating into the air.
- Practice several times until all tension and stress is removed from your body.
- When you feel calmer and less stressed, place your chosen object into your dominant hand.
- Imagine the object holds all things healing, well-being, peace, calm and contentment, emotional clarity, free from tension and conflict.
- Allow these feelings to flow from the object into your hand, up through your arm and throughout your body and mind like a comforting warmth.
- With each breath in allow well-being to flow through you, with each breath out allow any remaining tension to be released.



The more you practice the more you will be able to recall associated feelings whenever you wish to remind yourself of well-being. This will allow you to recall feelings of the object, colour, shape, texture, so as to fully experience all the positive feelings you associate with it.

# Crisis Contacts

The following contacts were correct at the time of going to print.  
Please check website details for the most up to date information.

## **Samaritans**

Call 116 123 for free 24/7  
[www.samaritans.org](http://www.samaritans.org)

## **Childline**

Call 0800 1111 for free for  
anyone under 19 in the UK  
[www.childline.org.uk](http://www.childline.org.uk)

## **NHS 111**

Call 111 for free 24/7 NHS  
urgent and emergency care  
[www.111.nhs.uk](http://www.111.nhs.uk)

## **CALM (Campaign Against Living Miserably)**

Support for men  
Call 0800 58 58 58  
(5pm to midnight every day)  
[www.thecalmzone.net](http://www.thecalmzone.net)

## **PAPYRUS**

For people under 35 and  
those supporting them  
Call 0800 068 4141\*  
Text 07786 209 697  
[www.papyrus-uk.org/](http://www.papyrus-uk.org/)  
\*check website for operating times of Hopeline

## **My Personal Crisis Contacts**

# Useful Contacts

The following contacts were correct at the time of going to print.  
Please check website details for the most up to date information.

| Name              | Support Offered   | Opening Hours   | Contact Information  |
|-------------------|---|---|--|
| <b>Samaritans</b> | Support and a listening ear for those in crisis or needing support  | Open 24 hours a day, 365 days a year                                    | Tel: 116 123 (UK)<br>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a><br>Postal: Freepost RSRB-KKBY-CYJK, PO Box 9090, Stirling, FK8 2SA<br>Website: <a href="http://www.samaritans.org">www.samaritans.org</a> |
| <b>Papyrus</b>    | Advice, support and listening ear to young people (under 35) who are in crisis or at risk of harming themselves or those who care for a young person in crisis.                             | Monday to Friday 10am to 10pm<br>Weekends and Bank Holidays 2pm to 10pm | Tel: 0800 068 41 41<br>Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a><br>Text: 07860 039967<br>Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>  |
| <b>Sane</b>       | SANE runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. | Open every day of the year from 4:30pm to 10:30pm.                      | Tel: 0300 304 7000<br>Website: <a href="http://www.sane.org.uk">www.sane.org.uk</a>  |

# Useful Contacts

| Name                 | Support Offered   | Opening Hours   | Contact Information  |
|----------------------|---|---|--|
| <b>CALM</b>          | The Campaign Against Living Miserably (CALM) is an charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK.                        | Open every day of the year from 5pm to midnight.  | Tel: 0800 58 58 58<br>Website: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a><br>Webchat also available via website.   |
| <b>OCD Action</b>    | Information, advice and support for those affected by OCD.  | Monday to Friday<br>9.30am to 8pm<br>(volunteer-dependent: please leave a message and calls will be returned within 24 hours) | Tel: 0845 390 6232 or 020 7253 2664<br>Email: <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a><br>Website: <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>  |
| <b>Anxiety UK</b>    | Information, advice and support for those affected by anxiety.  | Monday to Friday<br>9:30am to 5.30pm<br>(excluding Bank Holidays)   | Tel: 03444 775774 Text Service: 07537 416 905<br>Email: <a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a><br>Website: <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>  |
| <b>No Panic</b>      | Information, advice and support for those affected by anxiety.  | Helpline operates between 10am and 10pm every day of the year.  | Tel: 0844 967 4848<br>Website: <a href="http://www.nopanic.org.uk/">www.nopanic.org.uk/</a>  |
| <b>Silverline</b>    | Free confidential helpline providing information, friendship and advice to older people.  | Open 24 hours a day, every day of the year.   | Tel: 0800 470 80 90<br>Website: <a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a>   |
| <b>Combat Stress</b> | Veterans' mental health charity. 24-hour helpline is for the military community and their families, plus serving personnel, advising on issues from mental health to practical support. | Helpline is available 24 hours a day, every day of the year.  | Tel: 0800 138 1619 (veterans and their family)<br>Tel: 0800 323 4444 (serving personnel and their family)<br>Email: <a href="mailto:helpline@combatstress.org.uk">helpline@combatstress.org.uk</a><br>Website: <a href="http://www.combatstress.org.uk">www.combatstress.org.uk</a>        |
| <b>Beat</b>          | Information, advice and support for those affected by eating disorders.   | Beat's Adult and Youth Helplines are open daily from 3pm to 10pm. Please check for Bank Holiday opening hours.                | Adult Helpline: 0808 801 0677. Youthline (under 18) 0808 801 0711<br>Students: 0808 801 0811<br>Email: <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a><br>Website: <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a> |