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| **Mental Health and Suicide** | |
| http://andysmanclub.co.uk/wp-content/uploads/2018/05/AMC-Logo.png | Andy’s Mans Club In line with Covid-19government guidelines, Andy’s Mans Club Groups are running online groups. Please email [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk) if you would like to join.  [Website](http://andysmanclub.co.uk/)  [Facebook](https://www.facebook.com/andysmanclub/)  [Twitter](https://twitter.com/andysmanclubuk)  [Instagram](https://www.instagram.com/andysmanclubuk/) |
|  | [How to Access Mental Health Support and Services](https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/) |
| [Guides to support and services | Mind, the mental health charity ...](https://www.google.co.uk/url?sa=i&url=https://www.mind.org.uk/information-support/guides-to-support-and-services/&psig=AOvVaw1puw0j2A6wHdVOwn7KXzfw&ust=1586432168440000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOiHm8je2OgCFQAAAAAdAAAAABAD) | [Getting help in a Crisis](https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/getting-help-in-a-crisis/) |
| [Bereavement Support](https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/) |
|  | [Out-of-Hours Support for People in Distress](http://www.healthymindscalderdale.co.uk/safespace.html) |
|  | [How to look after your mental health during Covid-19](https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak) |
|  | [Emotional Health and Well-being Support for Children and Young People](http://www.openmindscalderdale.org.uk/) |
|  | [Free online counselling and emotional health and wellbeing support for children and young people](https://www.kooth.com/) |
|  | [Talk to Someone](https://www.samaritans.org/)  [Support after a suicide](https://supportaftersuicide.org.uk/) |
|  | [Support for Young People feeling suicidal](https://youngminds.org.uk/find-help/feelings-and-symptoms/suicidal-feelings/) |