



Agents Together

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agentstogetheruk.com Resources & Support

Resources & Helplines: Safe Spaces Beyond Mentorship - [agentstogetheruk.com](#)

If you're feeling like you need more than mentorship, perhaps emotional support, someone to talk to, or professional help, you're not alone. Here are five trusted UK resources offering safe, compassionate support.

Samaritans - Always ready with an ear

What they offer: A free, 24/7 listening service, no judgement, no pressure, just a safe space to talk.

Contact:

- Call 116 123 (free from any UK phone)
- Email jo@samaritans.org (allow a few days response time)

Shout - Text support, anytime, day or night

What they offer: Free, confidential, 24/7 support via SMS. Ideal if talking feels too hard in the moment.

Contact:

- Text SHOUT to 85258

Mind Helplines – Expert help when you need it

What they offer: Multiple helplines for different needs, from general mental health support to legal guidance.

Contact:

- Support Line (crisis support): 0300 123 3393

Papyrus HOPELINEUK – Help for young people under 35 (or those concerned about them)

What they offer: Compassionate, confidential support for suicidal thoughts or concerns about someone else.

Contact:

- Call 0800 068 4141 (24/7 support)
- Text 88247

Every Mind Matters (NHS) – Practical plans to boost your wellbeing

What they offer: A simple online quiz that creates a personalised “Mind Plan” with expert tips for managing stress, anxiety, sleep, and mood.

Access via: NHS **Every Mind Matters** website [nhs.uk+1](https://www.nhs.uk/1)

At-a-Glance Comparison

Resource	Contact	Best For
Samaritans	116 123 / jo@samaritans.org	Immediate emotional support, any time
Shout	Text SHOUT → 85258	24/7 text support when talking is hard
Mind Helplines	0300 123 3393 / email available	General advice, legal queries, local services
Papyrus HOPELINEUK	0800 068 4141 / 88247 / email	Under-35s or those supporting them in crisis
Every Mind Matters	Online NHS quiz & resources	Self-care strategies and managing wellbeing