

ARE YOU WORRIED?

- Are you having problems with stress, worry, anger?
- Are you trying to ignore it or deal with it yourself?
- A Doctor can help you with these problems, and it doesn't mean you have to take tablets, although these can help in the short-term.
- It is helpful to talk to someone and there are people like **MIND** and the **SAMARITANS** who can provide a listening ear and point you in the right direction and give you the advice you need.

MOVING FORWARD



DERBYSHIRE GYPSY
LIAISON GROUP

Website: www.dglg.org email: info@dglg.org Tel : 01629 583300

Funded by Care Services Improvement Partnership **CSIP**

West Midlands
Development Centre

For advice & information: www.csip.co.uk

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It's good to talk

MIND: Tel 0845 766 0613
SAMARITANS: Tel 08457 90 90 90

WHERE TO GO FOR HELP

It does you good to tell someone how bad you feel. There is no shame in feeling this way.

There are a lot of places where you can go for help.

SAMARITANS

To talk about anything **08457 90 90 90**

MIND

Support for stress and worry **0845 766 0163**



Some times your mind is going round in circles, and you feel you are losing control but this is not unusual, especially if you have many problems. For example, if you have an eviction order, court proceedings, temporary stop notices, all this can make you feel upset and depressed, and this may lead to long term suffering. Some times you may also have other health problems.

It is important to talk to someone about the way you feel. A problem shared is a problem halved, and the person you speak to may be able to put you in touch with people who can help you. There are services that can offer you to the help you need. You do not need to worry - all your problems will always be kept private.